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HOUSE & GARDEN

JULY 1971

SPECIAL
Health
and beauty
at home

20 EASY
RECIPES
for summer
entertaining

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make
ecorating a joy

DEN-INSPIRED ROOMS
fabric and flowers

EMENT MAKEOVER
rafts, plants, pleasure

BEST OF BARN LIVING
tored barn plus
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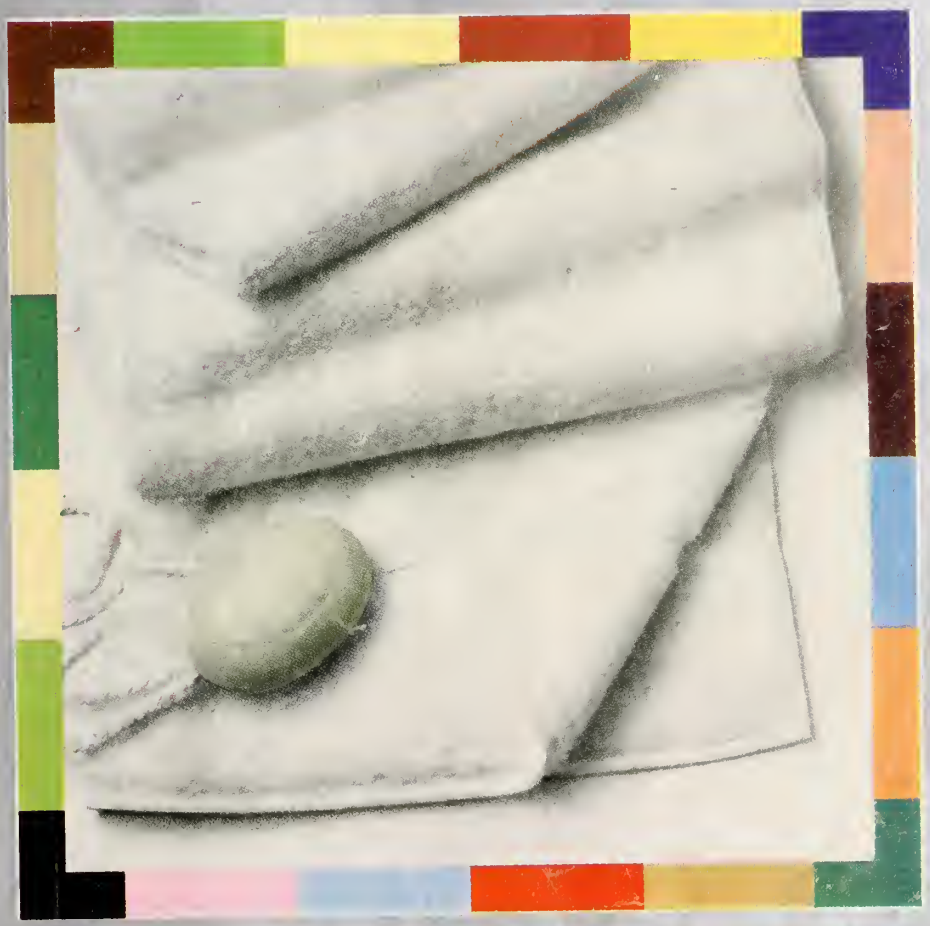

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Incorporating LIVING for young homemakers

Vol. 150.

HOUSE & GARDEN®

JULY 1978

Energy tubs, page 78

Flowers in print, page 100

House of flowers, page 92

Barn ideas, page 106

Garden in paths, page 118

Tables for summer, page 128

DECORATING, ARCHITECTURE, BUILDING

60 Home improvement ideas for the house fixer
92 How to make your environment reflect your life: A house of flowers
96 In tune with nature
100 Gardens for living
106 Back to the barn in an ingenious recycling for modern family
110 The barn idea in a new house designed for the outdoor life
114 Getting down to basements

BEAUTY AND HEALTH

26 24 great ways to live your summer. By Catherine Ettlinger
78 News: The energy tub
82 Water power—why energy tubs are the new wave of health across America. By Caroline Seebohm
86 Energy dynamics. By Beverly Russell
88 Brain food—amazing discoveries about brain nutrition By Dr. Mary Catherine Tyson
90 The pleasure of being strong. By Paula Rice Jackson

ANTIQUES

16 Questions & answers: Antiques. By Louise Ade Boger

FEATURES

10 Living. Edited by Paula Rice Jackson
24 Dear House & Garden. By Margaret Morse
38 Ideas to beat inflation. By Paul Gross
44 Buying and driving a car in Europe. By Richard and Jean Taylo
50 On the electronic circuit. By David Lachenbruch
77 Health-power at home (*Editorial*)
104 Shaping up for space. By Caroline Seebohm

WINE & FOOD

120 Meal in minutes
123 Garden in the soup bowl
124 The offbeat buffet
126 The ideal warm-weather meal
123 Serving up summer—finds to make your tables more inviting
130 In praise of rosé. By B. J. Cutler

GARDENING

54 Two beauty treatments for plants: Air layering and pruning. By Richard Langer
66 Herbs for all seasonings. By Marybeth Weston
118 Gardens at your feet

TRAVEL

14 Departure points: Art safari
70 Going places, finding things. Edited by Nancy Richardson
An English castle with an American story. Grassroots fun in the Midwest this July. Summer night smiling in Sweden—by Henry Hewes.

READER'S SERVICE

143 Shopping information
144 Shopping around with Audrey Nichols
166 Best in booklets

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JULY, 1978

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On the cover: In a summery living room, fabric with a naive folk-art look, the fun of a big-stripe rug. Lots of plants and the texture of painted beams and paneling bring a breath of American countryside in. Room designed by Billy McCarty. Cotton fabric from the Hacienda Collection by Schumacher. Baker's rack and all upholstered furniture by Drexel Heritage. Siding by Champion Building Products. Handwoven rug from Stark. Throw blanket and checked lacquered box at Thos. K. Woodard. Crocks at America Hurrah Antiques. Fuller-O'Brien paint. Shopping information, page 143.

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Living

News about people and design, housetips and how-tos, plants and pets, books, travel, health, energy, and special events

Oregano to go

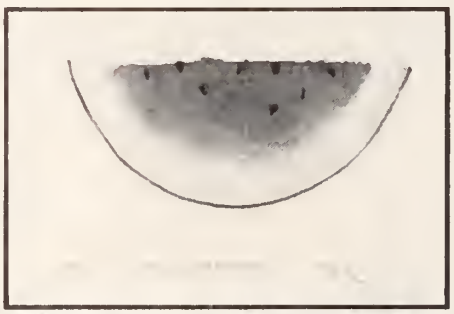
Nothing but an actual taste will do when it comes to describing herbal flavors. Oregano, for example, can really only be described in terms of itself, aside from noting its similarity to marjoram. Some are attractive as pot plants, though many of their flavorsome cousins are about as visually appealing as crabgrass on a putting green. Perhaps the most attractive oregano is Dittany of Crete (Origanum Dictamnus). A plant of shrubby growth and thick silver-woolly leaves, it is a tender perennial capable of becoming the centerpiece of your indoor herb garden. Being very frost-sensitive, it can only be grown seasonally outdoors. Perched on your windowsill, however, it will grow for decades. And by watching where you pinch as you cook, you can train the plant into a picturesque bonsai. Oregano needs good light and potting soil that contains at least half sphagnum moss with a tablespoon of lime chips mixed into a 4-inch pot. Water well. RICHARD LANGER

The names of many varieties of oregano are used inconsistently, so use your nose as your guide to your kitchen garden

A bit of instant history

Artist Rosemary Naegele makes a gift that grows more interesting with time—a personalized scrapbook that works like a time capsule. This one is for a baby and begins "On the day I was born . . . ." and follows with headlines: weather, radio/TV listings, what was at the movies, theatre, concerts, ballet, price listings from supermarkets, travel ads, concert tickets. The book works just as well for weddings, a housewarming, anything. Make one with a blank-page scrapbook, press-on letters, and Pritt glue, or Mrs. Naegele will do one to order, $75. Write Rosemary Naegele, 285 Central Park West, New York, N.Y. 10024. OLEKSAK

Rosemary Naegele, top; cutouts for headings come from newspapers,



"From the Melon Collection," watercolor by Christopher Hewat, 4 by 6, 1977, 25¢

It's in the cards

Original art for 25¢? That's [illegible] They're postcards made from 4-[illegible] inch paintings, collages, drawings, watercolors by famous American a[illegible] commissioned by a group called A[illegible] Postcards. "It's a very democrati[illegible] form," says Joan Davidson, found[illegible] the nonprofit organization, "even b[illegible] than multiples, because these work[illegible] accessible to everyone." The ori[illegible] collection will travel nationally fo[illegible] next two years under the aegis o[illegible] Smithsonian Institution. Order the[illegible] $11 postpaid from Artists' Poste[illegible] 2 E. 34th St., New York, N.Y., 10[illegible]

Halfway house to health

One of England's more thoughtful contributions to the field of mental health is the halfway house, where people recovering from breakdowns and other stresses stay while they adjust to going into the world again. The Richmond Fellowship, founded in England, is one such institution reaching out in America with nine houses: one in New York, three in Maryland, two in New Jersey, and two in Rhode Island. "We treat our residents as adults," says Deputy Director Diane O'Keefe. "We show them alternatives, and expect them to respond." The staff is specially trained to help residents pick up the strings of normal working and social life. American funding efforts have also been concentrated on group homes for children and the mentally retarded. To encourage interest in its work, the New York branch has just instituted the "Friends of the Fellowship," so that volunteers can help with time, skills, and money to continue the Fellowship's work. If you would like to learn more about a house near you, write the Richmond Fellowship, 25 Riverside Drive, N.Y., N.Y. 10023.

Caroline Seebohm

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Like many people you may recently have switched to a lower tar cigarette, with milder flavor.

But as your tastes have changed, you may have found yourself reaching for a cigarette even lower in tar. An ultra-low tar alternative that satisfies your new tastes in smoking.

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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

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Living

Helping ears see

Thousands of volunteers have given voice to the words of poets and scholars for blind students, who now can listen to their required readings on tapes provided by Recording for the Blind, Inc. that cover everything from *The Great Gatsby* to the latest in computer science. But when assignments call for a book that hasn't been taped, RFB locates a volunteer with a knowledge of the subject to record the book.

Help!

"Everything from the table of contents to the footnotes, including all the graphs, must be translated into an oral picture," says Frances Levine, head of the New York taping center.

"Blind students, like students in general, are becoming more career oriented and the books they need are more practical and technical."

If you would like to share your voice, your knowledge, and your time at one of RFB's 29 recording studios, write Recording for the Blind, Inc., 215 E. 58th St., New York, N.Y. 10022.

The well-mannered pet

© Booth '7

You want to teach your puppy good manners. *When* can you take him to school? Group classes usually don't accept a dog younger than 6 months, but many trainers are leaning toward private at-home training, which can begin sooner. Two new approaches are those of Dick Maller and Ed Beckman, both professional trainers. *21 Days to a Trained Dog* (Simon and Schuster, $6.95) by Dick Maller and Jeffrey Feinman describes Maller's method of "operant conditioning"—waiting for the dog to do what you want and then praising him for it. The dog learns through constant repetition, and in 3 weeks should be familiar with basic obedience exercises (to sit, lie down, heel, stay, come). Beckman, in a book to be published by Coward, McCann & Geoghegan called *Love, Praise, and Reward—The New Way to Teach Your Dog*, offers a program that is adapted to the dog's capabilities and begins the moment you bring it home. The method is based on understanding your dog, not disciplining it. Through praise, food rewards, and a bit of patience, Beckman's approach allows you to teach without the use of a leash or collar. CLAIRE SCHOEN

NEEDLEPOINT TO DO IN A HURRY

If you're like so many women who always have a piece of needlepoint in the works yet never seem to have time enough to complete it, try "Quickpoint." It's big—5 stitches to the inch—needlepoint worked on rug canvas with thick, inexpensive wool you can get at almost any variety store. Two busy young Maryland designers, Susan Iglehart and Barbara Schweizer, have just published *The Quickpoint Book*. The subject covers every step from tracing and painting your designs onto canvas to blocking, sewing, and finishing your work. There are also forty projects to do and instructions for putting together a Quickpoint kit for presents. Look for it—Quickpoint Book (Holt, Rinehart & Winston), $5.95 paperback.

Mending china

"Sometimes a loved and treasured piece of china breaks, through no particular fault of anyone. When it happens, there are two avenues of action open: If the piece has antique value, take it to a professional restorer, who can put it back together for you with great skill; or if the piece has sentimental value, repair it yourself by following these steps carefully," says Barbara Charton, an associate at The Art Restoration Technical Institute in New York, an accredited school specializing in advanced repairs and curatorial caretaking services.

- Collect all the pieces no matter how small and wrap them separately in lintless tissue. This prevents one piece from rubbing away the distinctive outlines of another.
- Assemble your repairs kit. A box half-filled with sand to act as your working "support": epoxy resin and hardener; acetone; single-edged razor blades or an X-Acto knife; disposable paper palettes (bonbon papers); cotton swabs; flat toothpicks; and masking tape. Practice on an expendable piece.
- Assemble all the fragments smoothly with the tape. Mix and apply the resin to one fragment at a time, fitting each into place so that no resin shows. Wipe away excess with an acetone-moistened swab. Resin sets in a few minutes, cures overnight. Support the work in the sand while it sets, then trim away excess resin with the knife. Fill in any gaps with resin mixed with a whitener such as titanium oxide powder.

About glazes:

- Wash with warm water and mild detergent in an uncrowded dishpan or terry cloth-lined sink.
- Do not use a scrub brush for grime that doesn't wash off. Use cotton swabs moistened with acetone instead.

Mrs. Charton recommends the "Master Mending Kit" by Atlas ESB Corporation, $15 at art supplies stores.

Barbara Charton, top; taping pieces; applying resin; filling in fragments; retaping to set

OUGH, INC. 1978

Keep that beautiful tan.

Handle with Tan Care. The after tanning lotion by Coppertone.

It took a lot of sun to make your tan beautiful. Keep it beautiful longer with Tan Care. Its special after tanning formula moisturizes to help prevent the flaking and peeling that cause fading. Beautiful tans should be handled with Tan Care every day. To keep them beautiful long after the sun is done.

Living

Nigerian elder carving a natural gourd tray

Art safari

Here's a safari that's a journey into the imagination of Africa. The American Crafts Council and Art Safari, Inc., are organizing a tour of four West African countries August 3-26. The tour offers a chance to learn firsthand from artisans and craftsmen of Senegal, Ghana, Togo, and Nigeria, the sources of artistic inspiration that have contributed so much to modern Western art.

Departure points

Workshops on weaving, wood sculpture, batik dyeing, goldsmithing, and dance are being conducted in such sites as cloth markets, slave fortresses, and sacred forests. James Grosse of Art Safari and Eleanor Dickinson, artist and wife of America's former ambassador to Togo will lead the group. The 3-week all-inclusive tour runs $2,750. Write the American Crafts Council, 44 W. 55th St., New York, N.Y. 10019.

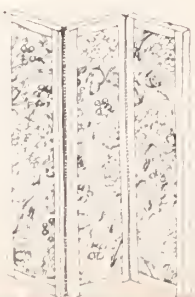
"P-M"—a new building style

Now that our eyes have been educated to understand "modern architecture," along comes a new style, "post modern," to enrich our environment. What is the new architecture all about? Robert Stern, Professor of Architecture at Columbia University, has defined three qualities which describe "post modern" building: contextualism, allusionism, and ornamentalism. In practice this means that a building should "belong" to its surroundings. Post-modernists believe in making historical references in their designs, unlike modernists who prefer to make bold, new, contemporary statements. And they believe in enriching surfaces with decoration, in contrast to the Mies van der Rohe modern dictum that "less is more." You can see "post-modernism" in reality in the add-on that architect Ed Groder designed for Ernest and Diane Kovacs to their 1923 suburban house on Long Island. The new wing with family room and kitchen downstairs, two bedrooms and baths above, is built "in context" so that it takes an experienced eye to spot the new work from the street. To avoid architectural "shock," it is even clad in the original stucco pattern of the existing house. From the garden side, however, the changes can b ily seen. New glas open onto an ex deck. "Before the tion, the back house was a leftove plains Groder. "N indoors and outdo like one. The deck to tie it all toget literally feels like a new house."

New from old is hard to tell—glass doors lead to a family room, steps lead to kitchen

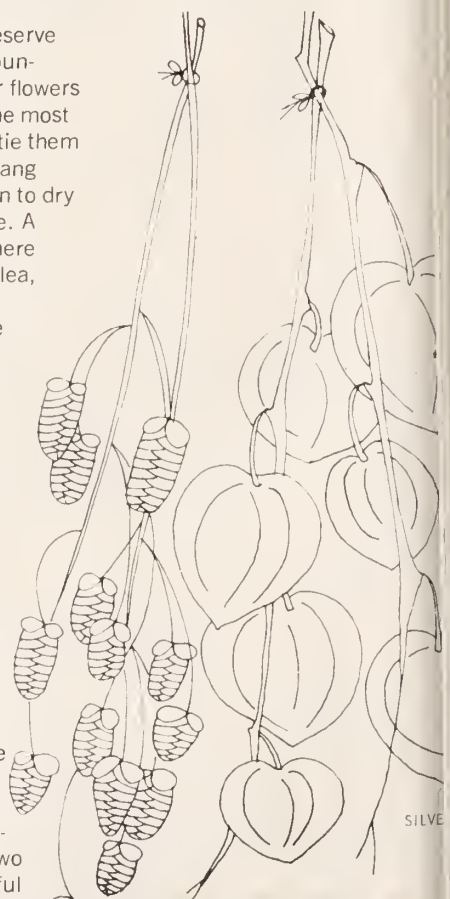
Quick-change screen

Here's a 3-panel screen with snap-in center panels you can change with the seasons or change from room to room. Using stock lumber, have your lumber store cut 6 lengths of 1 by 2 by 81 inches high and 6 lengths of 1 by 2 by 18 inches. With finishing nails build 3 frames 7 by 1½ feet. Place mending bars diagonally across each corner and join the frames with double-swing hinges at 1-foot intervals. Lacquer if you wish. For *inset frames:* Cut 6 lengths 1 by 2 by 15 inches and 6 of 1 by 2 by 78 inches. Build frames the same way. To cover frames use 5 yards of chintz or lightweight sail cloth, 45-48 inches wide. Cut 3 pieces 2½ yards by half the width. Lay over panels and match pattern before stapling. Tack fabric to frames leaving 2-inch overlap, then staple to wrong side of frame, stretching fabric taut. Work from the middle toward corners, cut away excess, pleat and fold so fabric lies flat, staple. Place small fabric-covered frame inside larger lacquered frame. These directions are from Calico Corners, a fabric store with outlets across America.



LONG LIFE FOR SUMMER FLOWERS

A simple way to preserve the short-lived abundance of summer flowers is to dry them. The most natural way is to tie them in bunches and hang them upside down to dry in a cool, dark, well-ventilated place. A cellar or garden shed is ideal, where the circulating air is plentiful. Achillea, Acroclinium, Astilbe, Delphinium, Helichrysum, Statice, and Chinese Lanterns respond very well to this method, as do grasses, rushes, and ferns, which would complement any display. Fleshy-headed or delicately petaled flowers need a drying agent such as borax or silica gel to help them retain their shape and colors. Daisies, marigolds, geraniums, pansies, poppies, and rhododendrons need this special treatment. Pour an inch or so of the borax or silica into a cardboard box, place the flowers face-side down on the surface and gently cover them with more agent. Put a lid on the box and store them in a warm place. Smaller flowers can be removed in a day or two, but larger varieties may need to be stored for two weeks. Plan ahead to make wonderful holiday presents from the summer's rich colors and textures. DAVID WICKERS



Ornamental grasses and Chinese lanterns dry best upside down

Three of the reasons so many people are buying Ford Fairmont.

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"Our family is getting bigger, not smaller."

Highest mileage rating of any mid-size car.

EPA estimates - 33 mpg hwy, 23 city. With 2.3 litre engine and 4 speed manual transmission. Your actual mileage may vary according to how and where you drive, your car's condition and optional equipment. Calif. ratings lower.

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Lowest sticker price of any mid-size car.

2 door sticker prices start at $3,589. Model shown is $3,757 excluding title, taxes and destination charges.

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FAIRMONT

FORD DIVISION

Ford 75TH ANNIVERSARY

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rejuvenate!

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SUMMER 1978
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A HOUSE&GARDEN GUIDE

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P.O. Box 1910 Grand Central Station,
New York, N.Y. 10017

■ QUESTIONS & ANSWERS

ANTIQUES

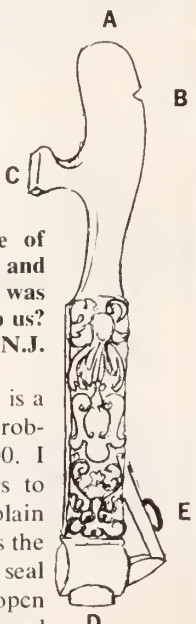
BY LOUISE ADE BOGE

Pistol handles

About when were pistol handles first used and how o!d are my pewter knives and forks? Is it unusual for the blade to be stamped? Also, a couple of my knives have come apart. Can I be doing something wrong with them?
E.B.—New York, N.Y.

The pistol-handle knife was introduced in English silver about 1700. Your pewter flatware was made in England about 1790. It was a common practice to stamp blades; however, most of them are stamped Birmingham. The stamp has frequently worn away through use. The shaft of your knife was set in rosin and no knife of this construction should soak in dishwater as it dissolves the adhesive. This probably happened to your knives.

Cigar box opener



We bought this piece of silver at a church fair and can't figure out what it was used for. Can you help us?
K.R.—Princeton, N.J.

Your practical novelty is a cigar box opener and probably dates about 1900. I have added the letters to your drawing to explain how it was used. "A" is the sharp edge to break the seal on the box and pry open the lid. "B," a V-shaped notch, is used to remove the nail. "C" is a small hammer to nail the lid dov again to keep the cigars fresh. "D," opening to insert the cigar end, and "E is used to cut it.

Staffordshir potter

WOOD & SONS
BURSLEM ENGLAN

This is the mark on my plates. Can yo tell me who made them and about when
R.G.F.—Mankato, Min

The English Staffordshire potters Woo & Sons, who started the Trent and Ne Wharf Potteries at Burslem in 186 made your plates from about 1907 t 1910, when Ltd. was added to the marl

Carnival glass

I've been told that my butter dish is of type called carnival glass. Is it true, and if so, why is it called this?
L.A.H.—Vacherie, La

Yes, this iridescent pressed glassware is now called carnival glass. This inexpensive art glass occupied a definite place in American life from about 1900 to 1930. It's name derives from the fact that it was given to prizewinners at games of chance and shooting galleries, at carnivals and church bazaars. It is important to understand that the luster finish attained by use of a metallic oxide "secret formula" was applied only to the surface. It can be washed away or seriously faded by the effects of sunlight.

Continued on page 22

Sears National Home Lighting Sale.

Save 10% to 30% July 2 - 29, 1978.

You can save money now on every kind of lighting at Sears Lighting Boutique. Chandeliers, swag lamps, fluorescents, even utility fixtures are reduced during this great sale. Check the values like the ones pictured here, available now at most Sears retail stores. Prices and dates may vary in Alaska and Hawaii.

Sears Lighting Boutique

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Announcing
The Official State Flowers Bell Collection

• For the first time . . . 50 exquisite little bone china bells portray all of America's official state flowers.

• Each bell will be decorated with a specially commissioned original painting and hand-decorated with 24 Kt. gold.

• A uniquely designed unit to display the complete collection will be provided at no additional cost.

• Final order deadline: July 31, 1978.

America the Beautiful is blessed with magnificent flowers. A carpet of color and fragrance that stretches from sea to shining sea – reminding us of the bounty that nature has bestowed upon our nation. And of all the lovely flowers that flourish on our native soil, the very favorites have been named the official flowers of the 50 states.

Now, at last, all 50 of these official state flowers will be faithfully portrayed on exquisite little bells of fine bone china – an unprecedented artistic tribute to our 50 states . . . a joyous celebration of our love for the land we live in.

Fine Bone China – The Perfect Art Medium for This Unprecedented Collection

The special qualities of imported fine bone china are perfect for portraying these beautiful flowers. Bone china is renowned for its pure ivory-white color and remarkable translucence – qualities which enhance the vivid colors of each flower. Fine bone china is also famous for its light weight and delicate appearance – qualities which perfectly correspond with the delicacy of the flowers themselves.

Very few china makers in the entire world have mastered the necessary skills to produce bone china. This is why bone china is found only in a few countries –and why it is treasured by collectors on every continent. It is rare to find an exclusive, privately commissioned bell collection in fine bone china – and rarer still to find a collection consisting of fifty exquisite little bone china bells.

Original Paintings by One of America's Most Distinguished Nature Artists

To create the original art that appears on each of these bells, a special commission was awarded to the prominent American nature artist, Jo Polseno, whose work has been shown in leading galleries and has appeared in Audubon Magazine. Working in fields, plains, and mountains across America, Polseno has created a striking series of original floral watercolors expressly and exclusively for this collection. These paintings have never been seen before – and will never appear again in any form.

The flowers include the sweetly scented Massachusetts Mayflower, beloved of the Pilgrims . . . the Mississippi Magnolia, fabled flower of the Deep South . . . the vibrant California Poppy . . . the lovely pink and

Maryland
Black-eyed Susan

Continued on next page ►

◄ Continued from preceding page

yellow wild rose of Iowa. In all, 50 lovely flowers . . . authentic down to the most minute detail . . . vibrant in all their natural colors.

Each Bell a Handcrafted Work of Art

To create a bell collection worthy of our official state flowers and the fine bone china, a specially designed bell shape was created. To produce this unique shape, each bell will be individually cast by hand. Then the original Polseno watercolors will be transferred to each bell using techniques involving many separate colors. As a crowning touch of lu ury, each bell will be hand decorated wi precious 24 Kt. gold applied to both t handle and base. Each bell will also bear t name of the state and its official flower, well as the Danbury Mint hallmark.

Display Accessory at No Additional Co

A custom designed display unit will b furnished at no additional charge. Th beautiful unit may be placed on a table book shelf (as shown below) or hung on a wa – to display all 50 bells to best advantage.

Bells shown actual size.

A Strictly Limited Edition

The Official State Flowers Bell Collection will be available only directly from the Danbury Mint by advance reservation. Reservations for this limited edition offering must be postmarked by July 31, 1978.

North Carolina
Dogwood

(Bell's reverse side)

Convenient Acquisition Plan — Guaranteed Satisfaction

To reserve your subscription to *The Official State Flowers Bell Collection* simply complete the Reservation Application and mail it to the Danbury Mint by July 31, 1978. You need send no money now. You will be billed for each of your bells prior to shipment.

The Official State Flowers Bell Collection consists of 50 individual bells to be issued at the rate of two bells per month. Subscribers are guaranteed the same, low original issue price of just $9.00 each for every bell throughout the entire collection.

Should you receive any bell that you are not completely satisfied with, you may return it within 30 days for replacement or refund. Naturally, you may cancel your subscription at any time.

Prompt Action Needed

Remember, subscriptions for this offering must be postmarked by July 31, 1978. Please act promptly.

Reservation Application FHG

The Danbury Mint
47 Richards Avenue
Norwalk, Conn. 06856

Must be postmarked by July 31, 1978

Please accept my reservation to **The Official State Flowers Bell Collection.** I understand there will be 50 bone china bells in this limited edition series and that the bells will be issued at the rate of 2 new bells every month at the guaranteed price of $18.00 per monthly shipment (plus $1.50 for shipping and handling costs).

I need send no money now. I will be billed for the first 2 bells prior to shipment and invoiced for subsequent bells on a monthly basis. I may cancel this subscription at any time and any shipment may be returned for a full refund if upon receipt I am not completely satisfied.

Name _____

Address _____

City _____

State _____ Zip _____

Signature _____

☐ Check here if you want your bells charged, as they are shipped, to your:

☐ Bank Americard/Visa ☐ MasterCharge

_____ _____
Credit Card Number Expiration Date

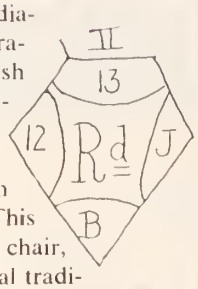
Victorian pier mirror

I know my large American gilt-wood mirror is called a pier mirror. Where does this term come from? Originally my mirror rested on a marble-top stand, supported on six legs. C.N.H.—Shreveport, La.

In a proper sense, the pier mirror derives its name from the architectural term for that part of a wall which is between the windows of a room, the mirror being designed to stand in that position. Below the pier mirror is a pier table—frequently with a marble top—designed to accord with the mirror. A large mirror such as yours was a favorite piece of furniture in the fashionable Victorian drawing room. The stand is the last vestige or visible sign of the pier table.

English side chair

From the photograph and my drawing of the mark on my chairs, can you tell me what country they're from? About when were they made? B.E.S.—Little Rock, Ark.



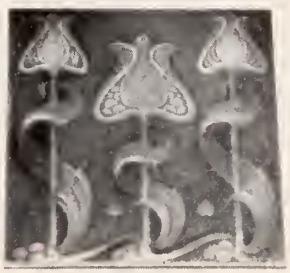
According to the diamond-shaped registration device, the English manufacturer registered the design of your chair at the British Patent Office on October 13, 1880. This class of splat back side chair, which is in the classical tradition, was very popular in that period.

Tailor riding goat

Can you give me any information about who designed my figurine and where it comes from? E.M.—Palm Beach, Fla.

Your figure has been copied from the Tailor Riding Goat, which was modeled by Johann Kaendler (1706-1775) and made at Meissen, November, 1740. The Tailor's Wife Riding Goat was modeled by J.F. Eberlein and also made at Meissen in 1740. Both figures enjoy enduring popularity.

Art Nouveau tile

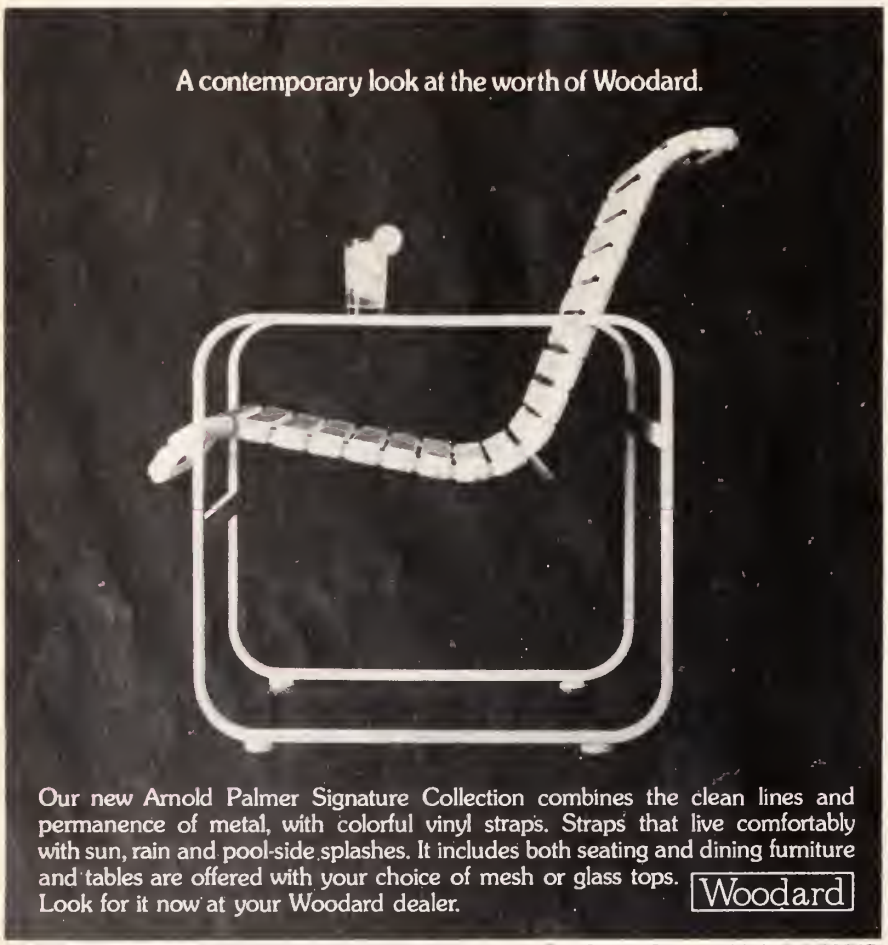


My tiles are marked "H & R. J." Can you tell me where they were made and in what style? D.G.B.—Owensboro, Ky.

A marked tendency to verticalism and the stylized floral and leafage swirls of your "Tulip" tile are in the spirit of English Art Nouveau as propagated by the Glasgow architect and designer Charles Rennie Mackintosh (1868-1928). The Staffordshire potters and makers of your tiles, H and R Johnson, operated tile works at Cobridge and Tunstall, from 1902 to 1920.

Antiqueries

Copies of Louise Ade Boger's book, *House & Garden's Antiques: Questions & Answers,* containing more than 900 items chosen from past columns, all conveniently arranged by category for easy reference, can be purchased for $11.95 a copy, plus 45¢ to cover cost of postage and handling. To order a copy, please write: Condé Nast Books, Post Office Box 3308, Grand Central Station, New York, N.Y. 10017, enclosing your remittance and correct mailing address.



For the name of the store nearest you write Woodard, 317 Elm Street, Owosso, Michigan 48867

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Savings are based on Whirlpool suggested retail prices. See your participating Whirlpool dealer for his savings, prices and models.

Whirlpool
Home Appliances

We believe quality can be beautiful.

DEAR HOUSE & GARDEN...

Answers to your questions. Here we share some interesting letters from our readers

BY MARGARET MORSE

Tips on trunks

I'm interested in renovating an old trunk. Could you recommend a source for instructions? Where can I buy fabric or paper for relining it?

—K.H.H., El Paso, Tex.

Tips from trunk restorer Dean Cherrington of Scotch Plains, N.J. can be found in House & Garden, February, 1978. The small-scale Victorian-inspired print wallpapers and fabrics designed by Laura Ashley, as seen in our September, 1977 issue, would make splendid trunk linings. Swatches and ordering information are available for $3 ppd. from Laura Ashley, 714 Madison Ave., New York, N.Y. 10021.

Mr. Cherrington suggests that if your lid has the manufacturer's decorative picture pasted over the lining (which would add value to the trunk), you should leave the lid as is. Or, at least, cut out the new lining before you paste it down so that all the picture shows. Use water-soluble white glue such as Elmer's. Line sides first, with mitered overlap at corners. Then line front, back, bottom, and lid top with pieces cut exactly to fit (this covers overlap from sides).

Incidentally, a mail-order source for reproduction brass-plated steel trunk hardware, steel rollers, and leather handles is the Antique Trunk Co., 3706 W. 169th St., Cleveland, Ohio 44111. Its illustrated price list is free.

Clean slate

The slate top of the coffee table in my den looks very dull and grayish, not black as it was when I bought it 10 years ago. What can I do to help restore it?

—J.G.V., Cope, S.C.

We referred your question to Stephen Taran of the Fair Haven Slate Corporation (York Street Extension, Poultney, Vt. 05764). He says you're probably seeing the effect of oxidation, which tends to whiten slate. However, there are so many different stones that can look like slate that an expert would have to see the table—or a sample of the same stone in the same condition—to advise you. Even the stone's geographic origin makes a difference. To locate an expert, Mr. Taran suggests you check the Yellow Pages of nearby cities under "Slate." Some companies may not do restoration or may charge a consultation fee. If th oxidation isn't extensive, an expert ma be able to remove it with dilute muriati acid (not a do-it-yourself job!). If th slate has a honed surface, re-honing ma be the answer.

After the table has been cleaned, yo can help prevent discoloration from re occurring by applying a slate sealer (This will darken the slate slightly.) Fai Haven sells its own indoor-outdoor slat sealer that gives a matte finish: A quar is $4.50 plus shipping (2 lbs.). Ver monters add 3 percent sales tax. If you' prefer a glossy finish, clear paste wa or boiled linseed oil will help protec *indoor* slate like yours. To clean routin soil on any slate, the Building Stone In stitute (420 Lexington Ave., New York N.Y. 10017) suggests mopping wit Murphy's Oil Soap.

Shine over the range

My husband has just made a beautifu copper hood for the stove. What do you suggest we put on it to retard tarnishing?

—P.C.S., South Bristol, Me

We referred your question to Joseph Pantatello of PM Range Hoods Corp. o Farmingdale, N.Y., manufacturers o custom range hoods in copper, brass stainless steel, and painted finishes. He suggests this semi-permanent treatmen that you can apply even if your range hood is already in place: Clean all hooc surfaces with Noxon metal polish, then immediately and evenly apply a coat o paste car wax such as Simonize. (Do open windows first and turn off any gas pilot light until the wax odors dissipate. Periodically wipe away the wax and tarnish with Noxon polish and reapply the wax.

Lacquer is too volatile to be applied safely in the kitchen. In any case, it will yellow unevenly—faster over the hotter, more central parts of the hood. Moreover, lacquer, needs professional stripping and respraying every 2 or 3 years—a big bother and expense with a large bolted-in piece such as a range hood.

Dramatic arts

Do you know any sources for theatre posters? —B.G.L., Roswell, N.Mex.

Two stores that carry new and old posters depicting the performing arts exclusively (and the theatre primarily) are:

Front Row Center, 8127 W. Third, Los Angeles, Calif. 90048. Posters, books, calendars, programs, sheet music, and recordings—many out of print. No catalogue, but inquiries accompanied by a self-addressed, stamped envelopes are invited.

Triton Gallery, 323 W. 45th St., New York, N.Y. 10036. Posters exclusively. Catalogue of mint-condition posters, 25¢ ppd. When inquiring about old collector's-item posters, please enclose self-addressed, stamped envelope.

Continued on page 68

How to have a happier happy anniversary, birthday, any day.

Tell them you'd love sterling.

Sterling is the perfect gift from anyone. It won't chip, break, tear or go out of style. And no colors, sizes and those other mysterious 'whats' to worry about. Just tell them the pattern.

You could receive the first four place settings for your birthday, another for your anniversary, and so on.

You've waited long enough for your sterling. Tell them. They'll understand.

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1111 East Putnam Avenue, Riverside, Conn. 06878

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otal satisfaction.

Salem Lights

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

LIGHTS: 11 mg. "tar", 0.8 mg. nicotine av. per cigarette, FTC Report AUG. '77.
LIGHT 100's: 11 mg. "tar", 0.9 mg. nicotine av. per cigarette, by FTC method.

24 great ways to live your summer

By Catherine Ettlin

Summer, more than any other season, is the time to treat yourself with special care. It's the time to head outdoors—to beaches or tennis courts—wherever the sun shines brightly; it's the time for *being* fit and *looking* fit. Here's how you can get the most out of your summer, with tips from pros who tell you how to keep your hair and skin healthy no matter how long you're in the sun; how to keep yourself fit with proper exercise and diet; and how to quench those unquenchable summer thirsts.

SUNTANNING FOR EVERYONE

If you have skin that's sensitive to the sun's burning rays, you can still have a tan—without ever being in the sun. "You can use bronzers or artificial tanning preparations," says Linda Allen Schoen, consultant to the Neutrogena Corporation, a former research associate for the American Medical Association's Committee on Cutaneous Health and Cosmetics, and editor of *The AMA Book of Skin and Hair Care.*

Bronzers give temporary color and are best used on the face; artificial tanning preparations contain a chemical (dehydroxide acitone) that's deposited into the skin for a more permanent coloration that won't rub off on clothes. "If used correctly, bronzers and ATPs can give a deep tan that looks as natural as if you'd just been out in the sun," says Ms. Schoen. "You can use ATPs on your face and body, or a bronzer on your face and an ATP everywhere else." Just be careful to apply them evenly over rough or bony areas and be sure to wash your hands thoroughly afterwards to avoid excess staining.

Another way to give sun-sensitive skin a healthy tan is by acclimatizing it to the sun gradually: First use a sunblock that

suntan lotions each with varying degree of protection. A good product line to tr is by Alo-Sun: If you burn easily, star with its opaque Sun Block; after a fe days switch to Sun Milk with PABA then to Fashion Tan, and, finally, whe your skin's got a light sun glow, to Supe Rich Tan.

SUNSCREEN NEWS

This summer, you can take the guess work out of how long you can be in the sun without burning. The Federal Food and Drug Administration's Advisory Panel on Topical Analgesics (including sunscreens) has recommended that sunscreens be labeled from 2 to 15 so the consumer can tell at a glance exactly how much protection a particular produc affords. (A product with a 15 gives the maximum amount of protection, letting you stay in the sun without your skin reddening 15 times longer than if you had no protection.) Although these guidelines are not mandatory—they haven't been published as regulations in The Federal Register—most sunscreens are already wearing the recommended labels.

The panel established 5 categories that correspond to the Sun Protection Factor (SPF) values: minimal, from 2 to under 4; moderate, from 4 to under 6; extra, from 6 to under 8; maximal, from 8 to under 15; and ultra, 15 and higher. As yet, the only product that gives "ultra" protection is Coppertone's Improved Formula Super Shade 15.

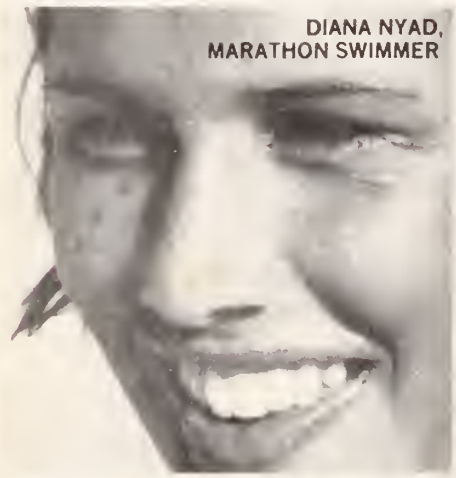
Even though you can gauge your suntanning time more accurately now, you should still follow all the old rules for sunbathing.

• Always use some sunscreen preparation, even if it has a low sun protec-

Above: A pai of 100 perce cotton socks great for lon hot summers See "Give fe a breather"

"THE STRESS RELIEVER"

"Swimming is the only exercise that works out every muscle in your body," says Jack Nelson, head coach of the 1976 Women's Olympic Swim Team. "It also stimulates the whole cardiovascular system and is psychologically very relaxing." Coach Nelson recommends starting out by swimming—any stroke is good—1 pool length (about 25 yards) each minute for 10 lengths, working up to 40 lengths, one each 45 seconds

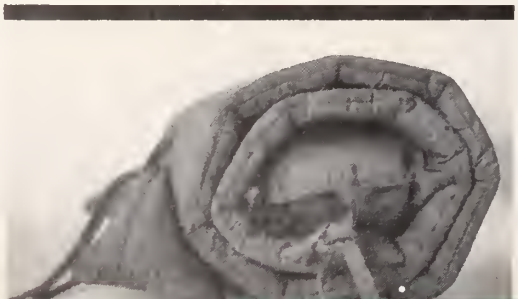


DIANA NYAD, MARATHON SWIMMER

"The big reward in swimming is in your heart, your head"

ROLL IT UP, TAKE IT EVERYWHERE

You can use Giorgio Sant'Angelo's new exercise mat to exercise at home, or you can roll it up and take it outdoors to lie on (it has a pillow-like headrest built right in). The noted fashion designer, who's recently branched out into furniture, is making this mat—it's 30-by-70 inches of 1-inch-thick polyurethane foam covered with cotton duck—in 7 different colors. It's available in coffee, toast, maize, natural, cactus, cinnamon, and canyon-red. About $70 at Macy's, New York and San Francisco; John Wanamaker, Philadelphia; Joske's, Houston.



LIPS AND NAILS CIRCA 1978
L'ORÉAL
Crème
L'ORÉAL
L'ORÉAL LIP ACCENTS/L'ORÉAL NAIL ACCENTS

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Because our reproductions can be made directly from the original works of art under Museum supervision, and because the craftsmanship is of the highest quality, every copy is remarkably faithful to the spirit of the original.

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The selection is surprisingly wide: ancient jewelry in gold and silver; Oriental and European porcelain; early American glass in crystal and rare colors; bronze from Egypt, Greece, China, and the medieval world; silver, pewter, brass, and pottery from Colonial America.

Every few months the Museum publishes full-color catalogues announcing new reproductions and art books of particular interest. The next of these, the 116-page 1978 Christmas Catalogue, will be issued on September 1.

To put yourself on the mailing list (most of the reproductions can be bought *only* by mail or at the Museum itself), send the coupon below with $1.00 to cover mailing.

Above: *Egyptian Queen.* Limestone relief, Ptolemaic Period, 332–30 B.C. Height 7¼". $15.00, shipping $2.00. Add state and local taxes for delivery within N.Y. State.

THE METROPOLITAN MUSEUM OF ART

255 Gracie Station, New York 10028 ICG8

Please send me all advance catalogues of new objects to be issued by the Museum during the next year. $1.00 to cover mailing is enclosed.

NAME _____

ADDRESS _____

_____ ZIP _____

Ways to live your summer
continued from page 26

• Use your skin coloring as a guide for timin
sun exposure. Dark-skinned, dark-haire
brown-eyed people are more resistant t
sunburning than blondes and redheads wit
blue and green eyes.
• Acquire your tan gradually—15 to 2
minutes' exposure the first day, ⅓ mo
each day after.
• Consider the time of day.
Burning rays are most intense between
A.M. and 2 P.M.
• Don't be fooled by hazy, foggy, or ove
cast days. These atmospheric conditio
scatter the sun's ultraviolet rays and ma
cause severe burning without your eve
being aware of it.
• Don't depend solely on an umbrella or
wide-brimmed hat to prevent burning fro
above because the sun's rays are reflecte
by sand and water from below.
• It's not a good idea to wear perfume i
intense sunlight. Many perfumes contai
substances that cause photochemical ski
reactions.
• After a day in the sun, keep your skin we
lubricated with creams to counteract th
sun's drying effect.

HOW TO TREAT A SUNBURN

Should you get a sunburn, Ms. Schoen say
that ointments, wet compresses, soothin
lotions, a bland cold cream, or a long soa
in a tepid tub with a few generous tabl
spoons of baking soda thrown in can hel
relieve sunburn pain. If blistering occurs c
if pain is excessive, she urges you to consu
a doctor.

PROTECTION FOR YOUR LIPS

One great way to protect your lips fro
sunburn pain is by keeping them thoroughl
coated with Alo-Sun Lip Shield whenev
you're in the sun. A creamy, colorless lip
stick made from aloe vera, beeswax, an
mineral oil, it keeps lips moist and help
protect them from sun and wind. $1.35 a
drugstores everywhere.

HOW TO CAMOUFLAGE A RED, RED NOSE

Don't get one in the first place: Whenev
you're sailing or picnicking, cover your nos
with a sunscreen. Coppertone's special Nose
kote is a good one, because it's transparen
and lets your nose tan without burning.

If you do get a red nose, use a sunbloc
whenever you're outdoors; and when yo
want to make yourself up at night, use
dark face makeup on your nose and inten
sify your cheek color with rouge or a face
coloring pencil to draw attention away fro
your nose. These tips, from makeup artis
Emily Pattner of the Lancôme Institut d
Beauté at Bloomingdale's in New York City

YOUR SKIN AND THE WATER

When you're in the water, your skin is hy
drating, or absorbing water. The momen
you step out, it begins dehydrating, or los
ing water through evaporation. To preven
yours from drying out, try rubbing Neutro
gena's Sesame Seed Body Oil all over you
body as soon as you've finished bathing o
swimming. It's not greasy and emulsifie

The Purist.

Perhaps you've noticed how many of your favorite products have been miraculously "improved" lately. They've been lemon-freshened, hyped-up with ingredients to make them last longer, changed into exotic shapes and colors. Purity and quality, those old-fashioned absolutes, have become harder and harder to find.

Take heart. There are a few stubborn purists still around. And when it comes to sensitive skin care, count us among them.

Neutrogena doesn't add new ingredients just to keep reviving your interest. And ever since the first bar of Neutrogena® was made by us, we have consistently bought the finest ingredients on the market to put in it. For example, our natural ingredients, like beef tallow, castor and coconut oils, bear the USDA Food Grade designation. And there are no artificial hardeners, coloring, or free alkali in our soap to cause possible skin irritation.

We don't crank out Neutrogena by the usual mass production methods, either. We make our soap the way you'd make a gourmet dinner because we're just as finicky about quality as you are. Individual batches are carefully controlled and "cooked" for six hours. During that time they're checked time and time again by our chemists.

All in all there are at least 20 separate tests for quality and purity during manufacture. And independent laboratories, adhering to strict FDA standards, have also tested Neutrogena eight different ways to make sure it's as careful with your face as it should be.

That's why so many doctors recommend Neutrogena. It cleans your skin thoroughly, but not drastically, leaving it immaculately fresh, but not dry.

We don't promise you miracles or magical ingredients or exotic fragrances. We don't make claims we can't live up to. All you get from us is a safe, pure, allergy-tested soap that has been so carefully screened and tested, it won't irritate sensitive skin if used properly.

Which Neutrogena for you? If your skin is sensitive, but otherwise normal, try original Neutrogena. If you're especially sensitive to perfumes, try Neutrogena Unscented. If your skin is dry and sensitive, try Neutrogena Dry-Skin Soap.

So if you've gotten a little skeptical of change for change's sake, consider The Purist. Neutrogena. We promise you, your skin will enjoy our old-fashioned approach to purity and quality.

Why do so many people replace their dishwashers with KitchenAid?

It's hard to appreciate how good a value a KitchenAid dishwasher is.

Until you've owned one.

And KitchenAid owners just about swear by them.

They say things like, "I can load it any way I like and everything comes out clean."

"I don't have to hand wash anything, even dirty pans come clean."

"Has hardly ever needed repairs."

"It runs so quietly, uses less hot water; saves on electricity. It's so dependable."

"It's really built well. It's lasted so long."

"Best appliance we've ever owned."

These are just some of the reasons why, over the years, so many people have replaced their dishwashers with KitchenAid.

And good reasons to buy KitchenAid to begin with.

KitchenAid. Because it's worth it.

Hobart Corporation, Troy, Ohio 45374

continued from page 28

with water to help lock in moisture. Avail ble scented or unscented in 8-ounce shatte proof bottles that are great for trips to t beach. $6.50.

SUMMER HAIR

Did you know your hair, like your skin, c be sunburned? Fortunately, the roots th control hair growth are not affected, but t sun makes the visible part, the hair shaft, d and brittle, even discolored.

To prevent your hair from being su burned, Gil Ferrer suggests wearing a hat a scarf whenever you're in the sun for lo periods of time. Also, he cautions that bat ing in saltwater or chlorinated pools m have a drying effect on your hair and recor mends rinsing your hair thoroughly aft each swim.

You can also use Hair In the Sun, a brar new sunscreen made especially for the ha by Vidal Sassoon. A transparent formula, contains PABA, emollients and lubricants- coconut oil, avocado oil, sesame oil—as w as Vitamins A, D, and E for conditionin Four-ounce tube, $6.

If your hair is already sunburned, a gent brushing with a soft, natural-bristled bru morning and evening can help distribu scalp oils. Or, apply an oily hair emollie and brush evenly through your hair out the strands' tips.

BEAUTY WITH A POINT

If your summer schedule doesn't leave yc much time for a complete makeup, or if yc don't want to carry a bag full of cosmetics the beach or the tennis club to make repai you don't have to go completely bareface Emily Pattner of the Lancôme Institut Beauté suggests you use a face-coloring pe cil—one shade for everything: eyes, cheek and lips. Lancôme's Misty Amber loo great with a tan. Add a smidgen of masca —and go!

WATERSIDE EXERCISES

Here are some suggestions from the fitne staff at The Golden Door in Escondido, Cal for exercising in water—poolside, lakesid or seaside—without even trying.

- Strike up a game of volleyball. It lets yc stretch, jump, bend, and yell—great exerci for the lungs! Or, play Frisbee: To workou your arm muscles, fling your arms har when you toss the Frisbee.
- Run in thigh-height water letting it giv you a massage as you go.
- Jump rope on hard wet sand and when yo land, curl your toes to flex your feet an ankle muscles.

GIVE YOUR FEET A BREATHER

Almost everyone's feet perspire during th hot weather months. If yours do, try Aki iene, a soothing, nonsticky cream tha retards perspiration all day long. $5 postpai from Jane Sebeyran, 29 E. 61st St., Ne York, N.Y. 10021...and if you're wearin socks this summer (have you noticed tha bobbysocks are back?) Dr. Stephen Kurtin professor of dermatology at Mount Sina School of Medicine suggests cottor

Continued on page 3

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Work hard. Play hard. Automatic Cream-On Shadow stays fresh all day. It's Actionproof. Waterproof, creaseproof, too. Soft matte and frosty colors that keep you looking great through 10 action-packed hours. That's Actionproof.

Stays fresh for 10 action-packed hours.

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Maybelline®

Fine make-up sensibly priced

continued from page 30

"Cotton really breathes and will allow perspiration to evaporate through the sock material." A good place to find cotton socks is in the 5&10.

HI-ENERGY, LOW-CALORIE SUMMER SALADS FROM MASTER COOK MAURICE MOORE-BETTY

"Set aside a time for lunch every day, at least ½ an hour." That's Mr. Moore-Betty's fundamental rule for a healthy summer diet. "People tend to eat lunch on the run—which probably means snacks instead of a balanced meal," he says. Here are two of his favorite summer salads, with which he serves fresh fruit and cheese.

Green Bean and Meat Salad

INGREDIENTS

1½ tablespoons red wine vinegar
6 tablespoons oil, preferably olive
2 tablespoons lemon juice
4 tablespoons sour cream
2 tablespoons Dijon mustard
Freshly ground pepper to taste
1½ pounds green beans, cooked al dente in boiling salted water and well drained
2 pounds lamb, beef, veal, or lean pork, cooked and julienned (if lamb or beef is used, see that it is properly pink)
Lettuce
3-4 good tomatoes, quartered
Parsley, finely chopped

METHOD

Mix vinegar, oil, lemon juice, sour cream, mustard, and pepper thoroughly in a screw-top jar. Combine the beans and meat with enough dressing to coat generously. Pile into a salad bowl lined with lettuce leaves. Sprinkle with chopped parsley and garnish with tomato quarters.

Italian Salad

INGREDIENTS

½ cup tarragon vinegar
½ cup oil, salad or olive
1 clove garlic crushed with 1 teaspoon salt, preferably kosher
A good pinch of pepper
1 #303 can chick peas, drained
½ cup pimiento-stuffed olives, sliced
½ pound Genoa salami, julienned
Lettuce leaves
½ cup scallions, sliced
2-3 tomatoes, peeled and quartered

METHOD

Mix vinegar, oil, garlic, and pepper in a bowl. Add chick peas, olives, and salami. Mix with lettuce leaves. Sprinkle with scallions and garnish with tomato quarters.

Mr. Moore-Betty, who doesn't like to drink a lot of fluids with his meals—"maybe just a glass of white wine"—loves vegetable broth as an in-between-meal thirst quencher.

VEGETABLE BROTH

Save carrot peelings, lettuce leaves that are not quite perfect enough for a salad, tomatoes that are a little overripe, celery tops, parsley stems, and a few cabbage leaves, preferably green. Cover vegetables with co water to a depth of 3 inches in a large stair less steel or enamel pot. Bring to a boil and simmer 5 minutes, no longer. Allow to cool, and strain. Season with vegetable salt, a little celery salt, and pepper. Add fresh lemon juice and enough good tomato juice t make it rich. Serve icy cold.

HIGH TEA: HIGH VITAMINS AND FLAVOR

The next time you fill your thermos this summer, fill it with an iced herbal tea. Deborah Mazzanti of The Golden Door takes her thermosful everywhere. She brews the teas, cools them overnight, and before she's ready to leave, adds the rest of the ingredients. Then she pours the tea into a chilled thermos and she's off. Here are some of her favorite concoctions.

Red Clover-Hibiscus Tea

(35 calories a glass)
2 cups red clover tea, brewed
1 cup hibiscus tea, brewed
1 cup pear juice
Honey to taste

Pink Lemon Tea

(20 calories a glass)
3 cups pink lemon tea, brewed
1 cup strawberry juice (or any other berry juice)
Honey to taste

Tropical Tea

(25 calories a glass)
3 cups pink mint tea, brewed
1 cup coconut milk
A few drops banana extract

Pink Mint Tea

(45 calories a glass)
3 cups pink mint tea, brewed
1 cup unsweetened grape juice
Honey to taste

Cranberry Herb Tea

(41 calories a glass)
3 cups camomile tea, brewed
1 cup unsweetened cranberry juice
Honey to taste

Sometimes for early afternoon cocktails, Ms. Mazzanti will mix up a batch of fresh fruit champagne cocktails: equal parts apple or grape juice and club soda. She serves it in icy-cold champagne glasses with a garnish of fresh mint.

Or, try mixing one part Hero's black currant or raspberry syrup with 4 parts Perrier water. Hero's fruit syrups are available at fine gourmet stores across the country. ■

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Beauty and health products new this month in the stores

Professional skin care specialists often recommend different skin cleansing routines for their clients according to the changing seasons. It seems that the skin's natural tendency to produce sebum increases with the summer

Continued on page 34

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Taste Winston Lights

The low tar cigarette that's all Winston. All Taste.

LIGHTS: 12 mg. "tar", 0.9 mg. nicotine av. per cigarette, FTC Report AUG. '77;
LIGHT 100's: 13 mg. "tar", 1.0 mg. nicotine av. per cigarette by FTC method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

months, and wanes with the approach of fall and winter. Many women maintain, however, that they can just barely tell the difference, especially women who have dry skin year-round. So here's new help on the intensive side for dry skin and it's called **Catalyste.** It's a program designed to work with your skin's natural 28-day growth and renewal cycle. The group consists of 5 products that should be used together for the maximum benefit to the skin: Cleansing Sequence (cream) and Equalizing Sequence (lotion) are the first steps for keeping sensitive, dry skin protected during washing. Day Sequence is for daily moisturizing, worn alone or under makeup, and Night Sequence is for evening, at bedtime. A special intensifying oil called Synergistic Sequence goes over Evening Sequence on those occasions when skin seems especially tender or taut. An introductory starter kit is available for $32.50 and Catalyste counters at selected department stores will accept telephone calls for their customers' questions about dry skin and proper use of the new products. Look for Catalyste by *Princess Marcella Borghese* at Lord & Taylor, New York; Neiman-Marcus, Dallas; I. Magnin, San Francisco.

Three new treats for your tub that smell delightfully fresh and are good for your skin while it's in the water: **Batha** comes in 3 formulas—one with vitamin E added, one with aloe vera, and a third with balsam peru. All contain coconut oil for extra softening and they're great for children's skin, too. $6.50 for a generous 16-ounce bottle. Batha by *Batha* will be at drugstores everywhere.

Protein is the name of the game, inside and out. It's a great restorer for damaged hair, too. *Gil Ferrer's* new **Extra Body Nutrifier #3** is a protein cream conditioner for extremely damaged hair—hair that has been overcolored, overdried, overpermed . . . you name it. Use it with a plastic cap over your hair for 10 minutes under a drier, or leave it on after every shampoo for only 3 minutes for great single-application results. New life, new body, sheen, and most important, manageability. The conditioner comes in a box with 6 paper-wrapped applications, $14 ppd. from Gil Ferrer Salon, 21 East 74th St., New York, N.Y. 10021.

More protein helpers, this time in shampoo formulas from *L'Oréal,* all color-coded so you can grab the right one for you: **Protein Shampoo** for Tinted or Bleached Hair in amber, Protein Shampoo for Dry Hair in a golden topaz, Protein Shampoo for Normal Hair in aquamarine, and Protein Shampoo for Oily Hair in emerald. They come in 8-ounce plastic bottles for $1.79 each at drugstores and supermarkets.

Sportstick is a new lip gloss that has

Continued on page 68

Sale dates
may vary

Here are some of the stores where you can save during the Ridgeway Annual Sale.

ALABAMA
Arab — Gullion Furniture Co.
Birmingham — Haverty's
Birmingham — House of Clocks
Birmingham — Peck & Hills Furniture
Florence — Posey Furniture Co
Gadsden — Ross-Grambling Furniture Co.
Huntsville — Bragg Furniture Co., Inc.
Russellville — Royal Furniture Co
Tuscaloosa — Haverty's

ARIZONA
Phoenix — Clocks, Inc
Tucson — Mitchell Furniture

ARKANSAS
Benton — Ferguson Furniture
Conway — Hambuchen Supply
Fayetteville — Polks Furniture House
Hot Springs — Brandon Furniture
Little Rock — Brandon Furniture
Little Rock — The Fireplace Shop
Little Rock — Haverty's
Little Rock — Mattingly Furniture Co.
Little Rock — Will Rogers Royal Clock
Magnolia — Polks Furniture City
Pine Bluff — Brandon Furniture
Springdale — McClain's Furniture
Van Buren — Thomas Love Clock Co

CALIFORNIA
Bakersfield — Casa Moore Jewelry
Burlingame — William Penn Distributors
Carmichael — Becks Furniture Barn
Concord — H. DeCovenick & Son
Concord — Wooden Horse
Dinuba — Mathis & Bolinger
El Cerrito — H. C. Capwells
Escondido — H. Johnson Furniture
Fremont — H. C. Capwells
Fresno — Slater Furniture Co.
Hayward — H. C. Capwells
La Mesa — La Mesa Furniture
Long Beach — California Time Service
Long Beach — Carl's Furniture
Los Altos — Mohr Clock Imports
Modesto — Clockwise
Modesto — Phillips Electric Co.
Modesto — Roberts Furniture
Monrovia — Sells Furniture
Monterey — Union Furniture Co
Nevada City — The Nevada Clockery
Oakland — H. C. Capwells
Oakland — The Timepeace
Oceanside — Jones Furniture Co.
Redding — The Clockery
Richmond — H. C. Capwells
San Jose — Traditional Era Clocks
San Luis Obispo — Oliver's Furniture
San Rafael — Clocks Plus
Santa Barbara — Oliver's Furniture
Santa Fe Springs — Santa Fe Furniture
Santa Rosa — Time Square
Tulare — Mathis & Bolinger
Turlock — Souza's Furniture
Van Nuys — Van Gorder Furniture
Ventura — Alberts Jewelers
Walnut Creek — H. C. Capwells
Walnut Creek — Pendulum Galleries
Winton — Hansen's Furniture

FLORIDA
Fort Lauderdale — Clock Hospital
Fort Lauderdale — Kraft Clock Service
Largo — Sofa City, Inc
Panama City — The Clock And Gift Shop

GEORGIA
Americus — Summer Furniture Co
Atlanta — Haverty's Piedmont-Peachtree
Atlanta — House of Clocks
Atlanta — Southern Clock
Augusta — J. B. White & Co
Augusta — T. R. Maxwell Furniture
Collins — Joseph Evans Store
Columbus — Raymond Rowe Furniture
Flowery Branch — Wayne Bros. Furniture
Madison — Maxwell Home Furnishings
Savannah — Haverty's
Summervil — Duffs
Tifton — Turne Furniture Co
Valdosta — Turner Furniture Co.
Warner Robbins — Self Furniture Co.

OKLAHOMA
Bethany — Jamestown Home Furniture
Bethany — Keener's Ye Old American Shoppe
Enid — New Castle Clocks
Lawton — Christopher's Home Furnishings
Lawton — Southwestern Furniture
Muskogee — McClain's Furniture
Oklahoma City — Bruno's Furniture
Oklahoma City — Crossmore Greens Gifts
Oklahoma City — Evan's Furniture
Oklahoma City — Will Rogers Royal Clocks
Satonga — M. C. Ball Jeweler
Tulsa — Evan's Furniture
Tulsa — Fisher's
Tulsa — Will Rogers Royal Clocks

OREGON
Corvallis — Blackledge Furniture
Eugene — M. Jacobs Fine Furniture
Eugene — Rubensteins Furniture
Portland — Director's
Portland — Olde Time Shop
Salem — Hogg Brothers Furniture
Salem — Rubensteins Furniture
Tigard — Ripleys Maple Shops

MISSISSIPPI
Hattiesburg — Pioneer Furniture Co
Laurel — Aycock & Roberts Furniture
Southhaven — Eubanks Furniture Co.
Tupelo — Kirksey Brothers Furniture Co
West Point — Doughty Furniture Co.

NEVADA
Carson City — Carson Furniture

NORTH CAROLINA
Asheville — Pearlmons
Charlotte — Belk
Charlotte — Carriage House Furniture
Charlotte — Haverty Furniture Co
Concord — K-Town Furniture
Durham — Stylecraft Furniture
Fayetteville — Bloom Furniture Co.
Fayetteville — Clock Boutique
Fayetteville — Smithboro Furniture Co.
Fayetteville — Swain Furniture Co
Gastonia — Craig Furniture Co.
Greenville — Bostic-Sugg Furn. Co.
Havelock — Rose Bros. Furn
High Point — Boyles Furniture Sales
Jacksonville — Furniture Fair
Jacksonville — Lumpkin Furn. Co.
Jacksonville — Rose Bros. Furn.
Kannapolis — K-Town Furniture
Raleigh — Carriage House Furniture
Raleigh — Hudson-Belk Co
Raleigh — Stylecraft Furniture Co.
Salisbury — K-Town Furniture
Sanford — Dossenbachs Fine Furniture
Wilmington — Furniture City
Winston-Salem — Old Town Clock Shop

SOUTH CAROLINA
Charleston — Carriage House Furniture
Columbia — J. B. White & Co.
Greenville — Belk-Simpson Co
Greenville — Carriage House Furniture

TENNESSEE
Bristol — Hayes & Reynolds
Chattanooga — Fowler Brothers Furniture Co.
Cleveland — Stampers Furniture
Hixson — Fowler Brothers Furniture Co.
Johnson City — Zak's
Knoxville — Beacon Furniture
Knoxville — Woodruff's
Maryville — Maryville Furniture Co
Memphis — Brookhaven Lumber Co
Memphis — Goldsmith's
Memphis — Haverty Furniture Co
Nashville — Payne Furniture Co
Rogersville — Otis Home Center
Union City — Sterling Furniture Co.

TEXAS
Austin — McGuires Clocks
Baytown — Wilkenfield Furniture
Beaumont — Georgetown Manor
Brownsville — Edelsteins Town & Country Furniture
Corpus Christi — Braslau Furniture
Dallas — Catherines Collections
Dallas — Homestead Clocks & Recliners
Ft. Worth — Lighting Supply Co
Ft. Worth — Sam's Furniture & Appliance
Galveston — Schreiber & Miller Furniture
Harlingen — The Lighthouse
Houston — Chappell Jordan Clocks
Houston — Clocks, Inc.
Houston — Georgetown Manor
Houston — Royal Clocks
Longview — Ken's Furniture Co
Lubbock — W. D. Wilkins
McKinney — Howell's Furniture Co
Mt. Vernon — Lowry's
Port Arthur — Hampton's Furniture Co
San Antonio — Charlotte's Antiques
San Antonio — Denison Furniture Co.
San Antonio — Georgetown Manor
Wichita Falls — Huff Galleries

WASHINGTON
Aberdeen — Goldberg's
Auburn — Ken Schoenfeld Furniture
Hoquiam — Ken Schoenfeld Furniture
Lynden — Alsum & Bode
Lynnwood — Ken Schoenfeld Furniture
Olympia — Goldberg's
Richland — Richland Bell Furniture
Seattle — Olsens Furniture
Spokane — Bell Furniture
Spokane — Burgans Furniture
Spokane — Larsen Clock Center
Tacoma — Ken Schoenfeld Furniture
Tacoma — Meiers House of Clocks
West Kelso — United Furniture

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See the Ridgeway Gallery at your local participating dealer. Some of those dealers in your area are listed on the opposite page for your convenience. Styles not carried by your dealer are available through his catalog. Stop by. You'll be delighted at the fabulous values available.

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Doug and Gail Coupe on the Coupes' fourth visit to Bermuda.

"We visited the old print shop on Featherbed Alley in St. George's. It's a town that gives you a feeling of history. Of things past."

"We get on the motorbikes and just let the free spirit in us take over. For us, the bikes are Bermuda."

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IDEAS TO BEAT INFLATION

A game plan for savings and spending

BY PAUL GROSS

As great as he was, Ben Franklin was wrong. A penny saved is not a penny earned. It's worth more because the money you save is not gouged by taxes. So, if you're in, say, the 50 percent bracket, you have to figure that every penny you save is actually worth 2 cents. After all, you'd have to earn 2 cents to keep 1 after taxes. By the way, when you include state and local taxes, more people are in a 50 percent tax bracket or close to it than they may realize.

Lest that seem insignificant to you, consider some of the mathematics. A dollar saved is worth $2, a hundred saved becomes $200, and every $1,000 you save is worth $2,000. Moreover, Franklin's little saying didn't take inflation into account. And as everybody knows, inflation can take almost as big a bite out of your earnings as taxes.

What's worse, our graduated tax system combines into a 1-2 punch that can have devastating effect on your personal finance. For one thing, each time your income rises to keep up with inflation, you will be thrown into an even higher tax bracket. Hence your earnings are sliced into ever more deeply by taxes as well as inflation. Then consider what happens to your investments. Let's say you're in the 50 percent bracket and put $1,000 into a savings account that earns 5½ percent interest. Assume further that the rate of inflation is 8 percent a year. Here's how it all works out. You're making 2¾ percent interest on your savings account after taxes have been paid. Now, inflation at 8 percent wipes out what little you've made and leaves you with a loss of 5¼ percent. So, in essence, you're losing money instead of making it.

Scary? You bet! But it's far from hopeless. The Chinese probably understand this best; it's built into their very language. The Chinese ideogram (character) for crisis is a combination of the character representing danger and the character signifying opportunity. And that's the way it is with inflation, bad as it is. As long as you know it's there, and will be for some time, you can protect yourself against it. What's more, it's easier than you might think. All you have to do is keep inflation and taxes in mind while shopping around for goods as well as investments. You'll save a bundle and come out way ahead.

Ah, but you say you're living close to bare bones and can't see any way of saving. Well, if that gives you some comfort and consolation, you can maintain that belief and keep on feeling sorry for yourself. The way inflation is rising, you'll have plenty to keep you occupied. Or, you can do something about it. Truth be told, doing something about it is not only more effective, it's also more fun. Keep score, if you like. You'll be a winner.

Start by finding out how your money is now being spent. If you've never done this before, chances are that you'll be amazed at what you'll learn. Your best bet is to list all your expenses for a month. Be as specific and inclusive as possible. For example, list what you spend on toiletries, bus fares, lunches at work, dinners out, and even what you spend on alcohol and cigarettes. Now break the list into 2 sections: One for absolutely inflexible expenses, such as rent or mortgage payments, taxes, tuition, and so on; the other list should contain all the items that can be trimmed a little. You know, dinners out on the town, taxis, and that seemingly endless list of luxuries that we all tend to indulge in. When you go over the list, identify those that would be easiest to trim first. The idea is to make this as pleasant and rewarding as possible. If you don't, you don't stand a chance of succeeding unless martyrdom is something that turns you on. A strict budget, like a severe diet, is seldom followed for long. You can make the entire program even more fun by logging how well you're doing. Keep score, and then try to beat each past month's score as you go along. But whatever you do, don't become upset if you slip a bit from time to time.

Tightening your purse strings is just the first step. There are other ways to save that will free up a lot of money that would have otherwise been spent. Basically, there are four major areas in which you can save money: purchases, investments, borrowing, and taxes.

How to save when shopping

Most of us don't save as much as we could on what we buy, because we don't think it's worth all the time and effort. What a pity! For one thing, the savings aren't all that penny ante. For another, it doesn't really take all that much time and effort—especially when you consider the rewards.

Actually, it's quite easy to save on purchases. All you have to do is think rationally about what you want to buy and then comparison shop to get the best price possible. Thinking rationally about what you want to buy will help you avoid making impulse purchases, such as buying a shirt or a book on the spur of the moment. You will tend to buy only what you want and need, instead of being sold something. Moreover, a rational approach will help you focus on exactly what you want and need. That, in turn, will help you avoid being lured by a glittering array of options. The idea is to decide on what you want and then focus on which options or features will be useful and necessary and which would be used only occasionally.

Are you in the market for some additional life insurance, for instance? After doing a little homework, you will find that term insurance is significantly cheaper than whole-life insurance. (Term is pure life insurance; it pays only if the policyholder dies. Whole or straight life also has a savings element called the cash value buildup that you can borrow against.) Now let's assume that you determine that you really don't need the savings element and hence opt for the term insurance, because it's so much cheaper. The next step is to determine the kind of term insurance you want: renewable, nonrenewable, or decreasing term. Each offers its own advantages and pricing structure. Let's say you decide that you really feel that renewable term is your best bet. The only thing you have to do is shop for a policy—with the help of an insurance agent. Is all this worthwhile? You had better believe it. Term insurance is dramatically cheaper than life. The costs between term policies sold by different

Continued on page 4

10 INFLATION-FIGHTING SAVINGS TIPS

1. List your monthly expenses, fixed and flexible. Trim the flexible.
2. Think rationally about purchases. Never buy before comparing prices.
3. Ask friends about bargain sources.
4. Keep a score card of your savings each month, to encourage you to do better.
5. Log the times of store sales each year so you remember to shop in those periods.
6. Take advantage of discounts for quantity purchase.
7. Exchange services. Give your talents free in return for expert help you need from someone else.
8. Keeping a running total of tax deductions.
9. Switch to tax-free investments.
10. Share stocks with your spouse to take advantage of dividend allowances.

The spirit of the Czar lives on.

It was the Golden Age of Russia. Yet in this time when legends lived, the Czar stood like a giant among men.

He could bend an iron bar on his bare knee. Crush a silver ruble with his fist. And had a thirst for life like no other man alive.

And his drink was Genuine Vodka. Wolfschmidt Vodka. Made by special appointment to his Majesty the Czar. And the Royal Romanov Court.

It's been 120 years since then. And while life has changed since the days of the Czar, his Vodka remains the same.

Wolfschmidt Genuine Vodka. The spirit of the Czar lives on.

Wolfschmidt Genuine Vodka

Wolfschmidt Vodka · Distilled from grain · 80 and 100 proof · Wolfschmidt, Relay, Md.

companies can also vary significantly. If you shopped around astutely, you could save as much as 60 percent or more.

If you're making a purchase, once you have a handle on the goods and options you want, you can start comparison shopping for the best price. And that, too, is much easier than you might have imagined. Make sure you already know the specifics of a purchase, such as the model, its number (if any), then simply call up various stores and ask them how much they're selling it for. Chances are that you'll hear an astounding range of prices. I recently went through this exercise with an electric typewriter that lists for $330. Four telephone calls later, I found a store that would sell it to me for $210, a savings of $120. Put another way, it was a 33 percent return on investment before tax considerations. Getting that kind of return in as short a time in the stock or bond market would have been about as easy as teaching a snake to shake hands.

Friends, business associates, and members of your family are also a storehouse of shopping information. Almost all of us luck into bargains at various times. And anybody who does is so proud of the accomplishment that she'll be more than willing to share it with you. If you look long enough, you'll find a place that regularly sells what you're looking for at a discount. Another tip: Find out when things go on sale. Ask the people at various stores if whatever you're looking for will go on sale in the near future. Better yet, keep a log of when various types of goods go on sale in your area. You'll find that certain types of items are marked down for sales at set times of the year. For example, white goods generally go on sale in January and cars usually are sold at a mark down towards the end of the year.

Don't overlook small ticket items, either. As anybody who has gone to a supermarket lately knows, the cost of food is rising dramatically. Now most of us tend to react to rising food prices by (1) complaining and (2) trying to find a way of getting more money to keep up with rising costs. Either we take on another job or we try to get a raise. The irony of that is that you can do far better by shopping carefully. (Again, a penny saved is worth much more than a penny earned because of taxes.) Most stores now list unit prices so you can more easily compare prices. Moreover, many places will give you a substantial discount if you buy in quantity. For example, you can get a 10 to 20 percent discount if you buy soup by the case or cereal by the carton. Most liquor stores will give you a 10 to 15 percent discount if you buy wine or hard spirits by the case. Sure, doing that means tying up some money in food and some space in storage. However, the amount you'll save will more than make up for the inconvenience and lack of liquidity.

But don't take my word for it. Take a look at how the numbers might work out. Let's say you put $500 in canned goods that you know you'll dip into regularly. Assume further that you can get a 15 percent discount by buying in quantity. That means you would have had to spend $575 on those goods if you bought them individually. Now let's see what it would take to make $75 with a $500 investment. If you bought stocks, the shares would have to rise by appreciably more than 15 percent to give you a $75 return on your investment. For a start, taxes would eat into whatever you make. Moreover, the commissions you'd have to pay your broker would take a slice of the profit. If you put the money into a savings account at 5½ percent interest, it would take years for you to get a net return of $75.

You can also, believe it or not, save a substantial amount on services—one of the fastest rising costs. The trick here is to barter: Exchange services. For example, if you're an accountant or a lawyer, you could exchange your professional services with those of a plumber, a surgeon, an orthodontist, or whomever. The beauty of exchanging services is that you save money as well as taxes. If instead of bartering services you paid for someone else's services, you would have to pay the prevailing fee.

Continued on page 42

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It's a new kind of Cold Power—a Cold Power that cleans tough, ground in dirt better than ever. We call it new Cold Power XE. XE for extra energy. We added a lot more cleaning power to the best cold water brightening system you can buy. So with new Cold Power XE your cold water washes come out looking brighter than with any leading detergent. You owe it to your clothes to try a box.

The best cold water detergent you can buy.

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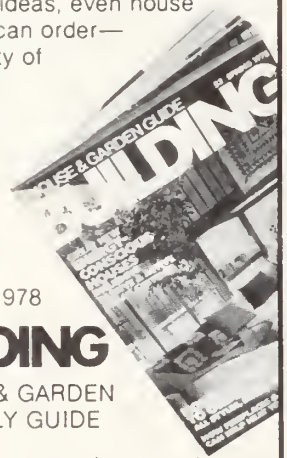

SUMMER 1978

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And if you sold your service to make extra money, you would, of course, have to pay a tax on whatever you made. Barter does away with both.

How to save on taxes

The best way to lower your taxes is to plan for them. That's how the very rich pare their tax bills to the bare minimum. And while they can take advantage of more techniques than people who made less, planning opportunities still abound. Here are some ways to boost the deductions you can legally take:

How much you'll be able to raise the amount you can deduct depends largely on the accuracy and quality of the records you keep. For one thing you must be able to prove any deductions you take with receipts and bills. For another, keeping a running total of your deductions will give you a handle on your tax situation at all times. That, in turn, will let you plan your taxes more effectively. It will also help avoid overlooking potential deductions. And finally, good records could save you a bundle if you have someone figure your taxes for you. Most accountants charge between $50 and $100 an hour—a hefty price to pay for clerical work.

An easy way to keep tax records is to mark a T for taxes on every check stub you write for a deductible expense. Then, when you reconcile your bank statement, you'll be able to sort the canceled checks into appropriate tax categories, such as interest payments, medical expenses, charitable gifts, state and local taxes, and so on.

Here are some ways to increase your tax deductions:

Find out if you can get a casualty deduction for weather-related damages. For instance, if a bad storm destroyed $300 worth of shrubs and your insurance won't pay for it, you may be able to take a $200 deduction from your income. (The first $100 of a casualty loss isn't deductible.) Tip: Get an estimate of the damage before you replace your shrubs. It's also a good idea to take before and after pictures to protect yourself if the IRS decides to question it.

Don't lose out on any medical deductions by failing to record exactly how much you spend on medicine. Either keep a list or ask your drugstore to send you a monthly total.

Planning can also help boost your medical deductions by helping you over the 3 and 1 percent hurdle. According to the tax code, you can only deduct medical expenses in excess of 3 percent of your adjusted gross income. So, if you have an adjusted gross income of $25,000, you can only deduct medical expenses in excess of $750 (3 percent of $25,000). If you had medical costs of $400, you'd only get a $40 deduction.

That hurdle is easier to jump than yo may realize. All you have to do is bunc your medical expenses. For example, you know your children need extensiv dental work, have as much of it as po sible done in one year. By the sam token, schedule your family's annu physical examinations toward the begi ning of the year and then again at th end of the same year. You would all the have a physical in January and the again in December—stacking two phys cals into one year. The year after, try t avoid spending any money on medic expenses so that you can bunch them u again in the year after that.

Keep careful records of business en tertainment and travel expenses. A sim ple diary that has room to put down de tails, such as when, why, what, and wh you entertained, is all you really nee

Consider taking advantage of a Keog retirement plan (for the self-employed or an Individual Retirement Accou (for corporate employees who are n covered by a company plan). You ca contribute up to $7,500 or 15 percent your earned income to a Keogh plan— whichever is lower. With an IRA, yo can contribute on dividends and interes

Consider investments that let you de fer income into 1979. For example, you bought a 9-month Treasury bill nov the income on it wouldn't be taxable u til next year when the T-bill mature Reason: A T-bill as well as certain othe government securities are sold at a di count. The difference between the pric you pay and the bill's full face value the interest or your return on investmen And when you buy a security at discou that matures in less than a year, the r turn is taxable only when it matures.

Wherever possible, switch from in vestments that generate taxable incom to those that are tax-free. For exampl you might take money out of a saving account, where the interest is taxabl and put it into a tax-free municipal bon fund or municipal unit-trust.

Make sure you take full advantage the $200 dividend exclusion that you ca take with your spouse if you file jointly The trick is to make sure you each ow dividend paying stocks. If you own a the stock, you'll only be able to exclud $100 of dividends. However, if you eac own stock paying at least $100 in div dends, you'll be able to exclude $200 dividends from taxes.

Consider making voluntary contribu tions to your employer's profit-sharin or thrift plans. While you have to us after-tax earnings to make contribution what you contribute will accumulate ta free. This means that your earnings wi grow faster than they otherwise woul have if they had been taxed. What more, you can dip into your voluntar contributions at will, tax free, if an eme gency arises, providing your pensio plan allows emergency withdrawals. D note this should only be used as a la resort. Once you have withdrawn you contributions you can't put them back.

"THE BEST REASON FOR BUYING A NEW GE REFRIGERATOR IS AN OLD GE REFRIGERATOR." —The Steele Family.

Jane Steele
Verona, New Jersey

GE refrigerators are really built to last. And my old "Monitor" is lasting proof!

Talk about a great investment! I got it in 1957, when it was 23 years old. And it still works like a charm.

Of course, it doesn't have all the improvements and innovations General Electric's added over the years. But it shows how dependable GE refrigerators are. As I told my daughter Mary Ellen, they just can't be beat!

Great Aunt Agnes Spina
West Orange, New Jersey

I've spent nearly half a century depending on GE refrigerators.

We bought one of these in the mid-fifties, after giving away the faithful "Monitor" Jane has now.

What a workhorse! Soda was always cold, ice cream was hard, and it never needed any service.

So naturally when we modernized again five years ago, we went right back to GE for a big, beautiful side-by-side.

General Electric refrigerators really hold up. We've had enough of them to know!

Mary Ellen Steele Burns
Totowa, New Jersey

General Electric is a name you grow up with. You know it's dependable.

So we felt confident that our lower-priced GE refrigerator would give us the same quality and reliability as the most expensive model.

My mother told me GE refrigerators were the best kind, and of course we did a lot of shopping around.

No other brand had the features GE did for the same money. Or was as nice-looking, inside and out.

Suzanne Steele Walsh
Morristown, New Jersey

Having had GE refrigerators in the family for so long impressed me more than any brochure or sales talk.

So when we buy our new refrigerator, it won't be a question of "whether GE," but of "which GE."

And I think I know which—this gorgeous dream of a side-by-side!

It has plenty of space, important with our five children. And adjustable glass shelves, great for cleaning up spills.

Separate temperature control for the meat pan. Automatic defrosting. And the GE dispenser that gives you chilled water, ice cubes, even crushed ice. I love the 'New Naturals'™colors, too—so soft!

The reliability General Electric's been building into their refrigerators since Great Aunt Agnes bought hers makes me feel really confident.

Maybe some day *my* GE refrigerator will become a family heirloom too!

THE APPLIANCES AMERICA COMES HOME TO.

GENERAL ELECTRIC

BUYING AND DRIVING A CAR IN EUROPE

How to save between $500 and $5,000 on a new car, with the plus of free transportation on your vacation

BY RICHARD AND JEAN TAYLOR

Generally speaking, you can expect to save between 12 and 18 percent of the U.S. purchase price when you buy a new car in Europe. It goes without saying that the difference between buying a Renault Le Car for $3,165* in Paris and $3,583 in New York isn't going to pay for much of a vacation. But a Mercedes-Benz 6.9 sedan that costs $44,724 in Los Angeles can be had in Stuttgart for $37,850, which is a tidy savings indeed. At the very least, whatever you buy in Europe, you'll have free transportation. At the most, you can actually sell your "used" car in America for a few dollars more than you paid for it new in Europe, shipping and other expenses included. Thousands of Americans buy cars this way each year, so the procedures are well established.

You can take advantage of the purchase price savings even if you have no desire to drive around Europe. We have a cousin who is an absolute fanatic for vacations by steamship. Every September, she takes a long cruise from New York to Sweden on a Scandinavian ship, which wanders in and out of the Scandinavian fjords and eventually stops in Göteborg, Sweden. She takes the free limousine to the Volvo factory, drives her new Volvo around the parking lot, signs a special form from the U.S. consulate that proves she was actually in Sweden, takes the limousine back to the ship and continues her voyage. U.S. customs charges 3 percent duty on the now "used" car compared to the 12 percent duty included in the purchase price of all new imported cars sold in the States. Her Volvo is waiting for her at the dock when she disembarks in New York. She figures she saves about $500 on the price of her annual new car this way.

The best way to purchase your foreign car is at factory headquarters. Plan on picking up a Mercedes at Stuttgart, a Volvo or Saab at Göteborg, a Renault in Paris, to receive the full benefit of the Tourist Delivery Plan. With this special plan, the manufacturer takes care of the paper work, proving to the U.S. government that your car meets all Federal requirements concerning seat belts, headlights, bumpers, and exhaust emissions. The Stuttgart tourist delivery office handles over 5,000 Mercedes for American customers each summer, for example, compared to the Mercedes office in Rome, which might deliver two. The employees in Stuttgart are obviously more familiar with how the export system works, therefore they're more likely to get everything done correctly and efficiently.

If you do want to drive your car around Europe, you will collect it at the factory with its European "unconverted" engine. There are no catalyst converters and no unleaded gas over there. Since it's illegal to import a car into this country without this conversion, the manufacturer will ask you to drive the car back to the factory and get it refitted and tuned up before having it shipped back. All manufacturers who offer a plan are equipped to do this.

To arrange a car for European delivery is actually easier than buying the same car in America. It's handled through your local dealer here, and all you have to do is leave a small deposit and choose your car and options. Before you leave for your trip, you can ask your local dealer to accept your old car as a trade-in on a new one delivered in Europe. He'll give you the same service and warranty coverage, as if you'd bought the car in this country. The manufacturer's tourist delivery office here will make all the arrangements for shipping, customs, insurance (at least $500 on the smallest car), while the European office orders your car and arranges for registration, driving insurance, and pick-up. Most manufacturers will also collect you at the airport nearest to the factory, and many even provide discount hotel rooms, meals, and entertainment while you're in their care.

You can buy almost any European car through a Tourist Delivery Plan, though some manufacturers are more enthusiastic than others. British manufacturers can't make enough cars to keep their American dealers supplied, so there are currently no tourist delivery cars available in England. It is possible to buy an American specification car in England and have the catalytic converter replaced after your trip abroad, but you'll have to handle all the details yourself. The cost of doing this makes the price of the car in the States *lower* than the total cost of purchase in Britain, though of course, you still save on transportation in Europe if you are touring around by car. Unless you're prepared to spend days of your vacation badgering British mechanics, shippers, and customs officials, it's easier all around to buy your Jaguar or Aston Martin once you get home.

Above: Fiat's 128 sedan can be picked up in Milan or Turin. Right, above: Saab's GL hatchback costs $350 less when purchased in Göteborg. Below: Mercedes-Benz sedan at the factory in Stuttgart.

*All prices are subject to change due to dollar fluctuation.

German cars

MERCEDES-BENZ. Over 10 percent of the Mercedes purchased by Americans each year are delivered in Stuttgart. The cheapest Mercedes, the 240 Diesel, sells for $13,710 plus local taxes in New York, $11,121 in Stuttgart. In addition, add $560 for shipping, $231 for marine insurance, and $260 customs duty. One month of insurance for driving in Europe is $177. Because Diesel fuel is the same anywhere, there's no need for a catalytic converter or factory retuning. Mer-

Continued on page 46

YOU CAN COUNT ON GENERAL ELECTRIC FOR GREAT IDEAS IN COOKING.

HE GENERAL ELECTRIC MICROWAVE COOKING CENTER.

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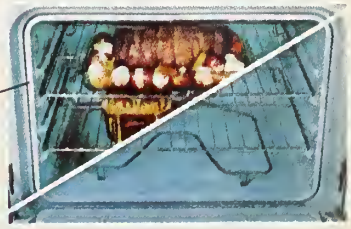
eneral Electric's "Microwave Guide and
ookbook" that comes with the Cooking
enter is much more than a recipe book. It's
complete how-to guide that takes the mys-
ry out of microwave cooking with simple
ep-by-step lessons, recipes and 450 color
notographs.

The upper microwave oven features the General Electric Micro-Thermometer™ control. Just insert and set the desired temperature and the oven shuts off automatically when it's done. It also has digital time control and gives you the cooking flexibility of multiple power levels.

The surface units are engineered to give you an infinite choice of heat settings. The range is also available with ceramic glasstop cooking surface. The controls are conveniently placed at eye level next to the upper oven.



The conventional oven not only gives you the convenience of General Electric's P-7® self-cleaning system, but an automatic oven timer. There are also settings for bake, time bake, broil, and clean, in addition to temperature control.

THE APPLIANCES AMERICA COMES HOME TO.

GENERAL ELECTRIC

cedes's most expensive model, the 6.9 sedan, costs $44,523 in New York, $37,850 in Stuttgart. Comparable savings are available on intermediate Mercedes models. The company offers a leasing plan that covers not only the cost of the car, but also the round-trip airfare to Germany. You can also buy or lease a corporate vehicle for delivery in Europe. Two months' notice is needed between the day that you place the order with your dealer and the day that you pick up your car in Stuttgart.

BMW. BMW offers the 320i, 530i, 630i, and 733i for tourist delivery. They run on regular or unleaded gas and don't use catalytic converters, so they need no factory changes. The 320i costs $9,315 in New York, $8,345 in Munich. The 530i costs $14,840 in New York, $13,280 in Munich. BMW ships from Bremerhaven, but you can leave the car almost anywhere else for a fee. It also has a special pool of cars available for last-minute buying decisions. If you can't get to Germany while in Europe, there's a Direct Shipment Plan. Just visit the local U.S. consulate where you are staying, h him sign a certificate stating you w there. This enables you to purchase a without actually seeing the car until return home. BMW needs 3 months tween the time of your order and d of pick-up.

PORSCHE AND AUDI. The sister make Porsche and Audi are handled from t different factories: Porsches from St gart, Audis from Ingolstadt. The po lar Porsche 911SC sells for $19,50(America and $17,610 in Stuttgart, $970 in insurance and shipping and $ for customs. The base Audi 5000 $8,323 in Ingolstadt, plus $857 in eo Porsches and Audis are shipped b from Emden, where the factory keep special depot to install catalytic conv ers. All the details are handled at American end and you will be cal when the car is ready to be picked Order 2 months in advance.

VOLKSWAGEN. VW sells two of the m popular cars for European delivery, Rabbit and Campmobile. Some 2,5 Americans buy these cars on tourist pl each summer. In either case, you sho figure on visiting the factory in Wo burg and shipping your car home fr Emden. Volkswagen will put it on one its own ships and send it to Wilmingt Del. A Rabbit costs $4,234 in Wolfsbu plus $30 for registration and $57 for month's insurance. Shipping and brok age fees are $379 plus $123 custo duty. Total $4,823 compared to the N York price of $4,699. The Campmol is a better deal. This is a Volkswagen v fitted with four beds, sink, stove, iceb and a top that pops up to give stand headroom. Camping in Europe is tremely convenient, and you can f campgrounds remarkably close to m European city centers. The Campmol costs $8,350 in Wolfsburg, plus $125 insurance and $505 in shipping fe With $267 duty, the total is $9,249, co pared to the same camper in New Y for $9,295. But not only have you sa on car rental costs, but hotels and r taurants too. Some people would you'd be missing the best part of Euro but the Campmobile gives you an attr tive option. Volkswagen needs 6 wee advance notice in the summer, but or 10 days off-season. Everything is ha dled through your dealer.

Swedish cars

SAAB. Savings run about $500 when y buy a 99GL for $6,698 instead $7,198, and the same when you buy Turbo for $9,498 instead of $9,998. T Swedish car companies are making a termined effort to lure customers to th tourist delivery plans, so Saab takes c of shipping, customs fee, and insurar with no cost to you. The car is deliver to one of three East Coast ports or th West Coast ports, cleared through c

Continued on page

How to get an even tan.

With Rit® Dye.

Whether you're using Rit Tan or Rit Tangerine, you want a beautiful, *even* color every time you dye. Since dyes often accentuate stains in fabrics, it's important to take the time to get spots out. The sensational results are really worth it! These RIT TIPS will help you get the great color you want:

Do's

1. Wash item thoroughly.
2. Remove spots by soaking overnight in powdered oxygen bleach, a heavy-duty liquid detergent or grease remover.
3. Use Rit® Color Remover for stubborn stains.

Don'ts

1. Don't expect dyeing to cover stains. (Only dark dyes can hide most stains.)
2. Don't dye fabric that has been scorched with a hot iron. Scorch marks *always* show.

If you have a question about dyeing, just write us a note at Rit, Dept. T, 1437 West Morris St., Indianapolis, Indiana 46206. We'll have an answer off to you in 48 hours.

Rit. You're going to love the results!

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Once a week is not enough.

If you have dry skin,

you probably think the ultimate treatment for it is a long soak in a tub with bath oil. But your busy schedule may only permit that luxury once a week. And that's not enough.

Dry skin needs help every day. Every time you bathe or shower. Or it gets itchier, scalier, harder to live with. And that's why Neutrogena® Body Oil was developed.

Neutrogena Body Oil is a new concept in dry skin treatment, for women who don't have time to soak in a tub. It's a pure, light, natural sesame oil formula that gives you the "soaking-in" benefits of bath oil, but in a non-greasy form, so it can be put directly on your skin.

Doesn't it feel greasy? No. Unlike ordinary bath oils which are made from mineral oil, the unusual sesame oil formula of Neutrogena Body Oil is quickly absorbed by your wet skin. You apply it right after you shower or bathe. No waste. No staining your clothes.

Safe and mild. Medical tests have shown that no other oil tested is less irritating. That's why dermatologists can recommend it.

It's more expensive to put sesame oil in our formula, but the results are well worth it to your dry skin. Try it today. And tomorrow. You'll want to use it every day. Because nothing will make your dry skin feel better.

Neutrogena® Body Oil

THE DRY SKIN TREATMENT YOU CAN USE EVERY DAY

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toms, stored for 5 days insured. They will even ship your car to Chicago or Minneapolis free. In Europe they equip you with maps, manuals, and a demonstration ride. Your only added expense is compulsory insurance for driving in Europe which runs to $128. Preferably, give them 2 months' notice, but the factory does keep a pool of cars for last-minute decisions.

VOLVO. A Volvo sedan that costs $7,527 in America is $6,290 in Göteborg, plus $545 shipping expenses and $150 for one month's insurance in Europe. The total savings with customs duty is $542. Volvo has a tourist delivery center in Göteborg, complete with children's nursery, a boutique, and free refreshments. They provide free transportation to pick up your car, discount hotel, plus a package of travel materials to take with you when you leave. If you plan to drive the new Volvo in Europe, it should be returned to Göteborg for free installation of the catalytic converter. Volvo needs 2 months' lead time to build your car.

French cars

RENAULT. The most popular out of the 40 models that Renault makes is the little Le Car which costs $3,583 in New York. Delivered in Paris it's $3,165 plus $127 for a month's insurance in Europe and $125 for registration and preparation. Shipping and insurance cost $475 and customs will want another $90. Buying a Renault and shipping it home will cost about $399 more than buying the same car in the States. On the other hand, you save on rental car fees in France. Orders are handled through your Renault dealer, who needs 6 weeks' advance notice.

PEUGEOT. The economical 504 Diesel costs $8,790 in New York and $7,570 in Paris, plus $14 for one month's insurance and $784 for shipping, insurance, and customs. The luxurious Peugeot 604 costs $10,900 in New York and $9,951 in Paris. Shipping to Newark, Baltimore, or Portsmouth, Va., insurance, and customs will bring the price to $62 more than in New York. Everything is handled for you through your Peugeot dealer.

Italian cars

FIAT. A 128 sedan costs $2,915 in Europe, but extras add on over $600, making the total about $220 more than in New York. Likewise, the 124 Spider costs $5,640 in Turin, but you must add over $800 in costs, bringing the total to about $50 more than the same car in New York. The usual place to pick up your car is in Turin or Milan, though cars are available in Rome, Naples, and Paris at no extra charge. Fiat needs 3 weeks' advance notice to prepare your car. It handles everything up to the time of delivery. After that, you're on your own, though it does recommend an experienced shipper.

ALFA ROMEO. A 2000 Spider Veloce costs about $8,130 in Italy compared to $9,195 in New York. But you must add $450 for shipping, $150 for one month's insurance, $264 for customs duty. They do not install the catalytic converter and ask you to do it for an extra charge of $200 at the Alfa dealer in the States. The cars are delivered in Milan or Rome on 2 months' notice.

Independent car suppliers

There are a number of independent agencies handling European cars on the Tourist Delivery Plan. Europe by Car, 45 Rockefeller Plaza, New York, N.Y. 10020 functions the same way a travel agency does. You order your car, options, and so forth as you would purchase an air travel ticket. It also offers a number of other benefits, like free traveler's checks, maps and travel guides, discount hotel reservations, and sightseeing tickets throughout Europe. The firm also handles car rentals, lease-buy back schemes. Volvo, Saab, Volkswagen, Audi, BMW, Peugeot, and Porsche cars are delivered at the same factory service centers and shipped under the same arrangements as if you dealt directly with the factory. ■

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■ ON THE ELECTRONIC CIRCUIT

THE COMPUTER SEWING MACHINE BREAKTHROUGH

BY DAVID LACHENBRUCH

Plus how to operate a CB radio, tips on fixing your TV set, and facts about microwave radiation

Q. What are the advantages of an electronic sewing machine?

A. The electronic sewing machines are bound to be more durable than those that rely on mechanical parts to produce different stitches, because such parts are subject to wear with constant use. With the new machines, making a buttonhole or doing a specific stitch is, in effect, a programmed activity controlled by a micro-computer. When the first electronic sewing machine was introduced three years ago by Singer, it had 14 stitch patterns programmed into a memory bank. By simply touching the "electronic stitch panel" at the front, you change from stitch to stitch. Each stitch is identified by a picture below its touch button. Singer replaced 145 mechanical parts with solid-state electronic circuits in this machine, making for quiet, smooth, and more efficient operation.

As the advantages of electronics are experienced, more of these miracle sewing machines will be seen on the market. One new line by Elna, for example, offers electronic power to govern both sewing speed and needle penetration. It has six basic utility stitches, but by using special discs supplied with the machine, it can be programmed for 18 other stitches. In addition, 62 stitch discs are available as optional equipment. More will be available as new stitches are developed. So obviously, variety is a tremendous advantage with these new machines as well.

Q. I would like to learn how to operate a Citizens Band radio to keep me in touch with other people and perhaps help others. How can I learn to be a CB radio operator and what will it cost?

A. It will take a few minutes and won't cost a penny. No special training is required. To operate a CB you must have a government license, but even that is simple and requires no waiting or expense. When you buy your CB radio, you can go on the air immediately by simply filling out and keeping the temporary permit form that is packed with the set. Also with the equipment is an application for a regular CB operator's license, good for five years. As the result of a Supreme Court decision, a license fee is no longer required—so no matter what the application form says (it may be an old one), send no money. Just mail it off to the Federal Communications Commission and you'll be assigned your own call letters. Any United States resident 18 or over is eligible for a CB license, and anyone in your immediate family, or connected with your business, may use your equipment (and license number) with your permission.

The CB is a combination transmitter and receiver, a sort of radio party-line phone. Simple rules for operating are packaged with the set. You should remember: (1) Always to identify yourself by your call sign. If you want to use a "handle" or nickname, you must also give your license number. (For example I use the handle "Captain Video," but I always give my call sign, which is KGH6120.)

(2) You may talk for a period of only five minutes at a time, and you must wait for at least one minute before making another call.

(3) You are not allowed to broadcast music, or other sound effects, practice deliberate interference, or use vile language.

(4) It's illegal to make modifications to your radio or increase its power.

Of the 40 channels on Citizens Band Radio, two are specialized. Channel 19 is informally, but not officially, designated as a highway calling channel. That is, CB-equipped vehicles usually tune to Channel 19 to receive messages about highway conditions or to make contact with other CBers on the road, often switching to other, less congested channels to continue their conversations. Channel 9 is officially set aside as the emergency channel and may not legally be used for any other purpose. If you want to participate in the Highway Emergency Location Patrol (H.E.L.P.) which reports any Channel 9 S.O.S. messages to the proper authorities, contact your local CB organization or club. You'll find out by radio, of course, how to get involved.

When buying your CB, remember it's now illegal for anyone to sell the old 23-channel CBs. So steer clear of this type however attractive the price. The 23-channel sets were manufactured under old rules and are much more likely to cause radio interference than the new 40-channel units. If you already own a 23-channel set, unless yours was purchased under a specific guarantee to "re-manufacture," the best advice is to use and enjoy it as it is. It will tune the 23 channels plus 17 more. When you eventually buy a new set, it will have all 40 channels.

Q. I feel there are some TV set troubles I might be able to fix myself. What should I check before calling the repairman?

A. Whether you're technically minded or not, you should never remove the back of the TV unless you're an expert. You can get a severe electrical shock even with the set turned off and unplugged as a result of the storage of electrical charges in a defective set. But there are safe and simple checks everyone should make to determine if a service call is really necessary. Follow this checklist:

1. Make sure the power cord is plugged into the electrical outlet properly.

2. Check the antenna lead-in wires—both pair, VHF and UHF. They should be securely fastened to the terminal screws or cable connectors located at the back of the set. Be sure that there are no strands of bare wire touching one another. Disconnected or shorted antenna leads can degrade or eliminate the picture entirely.

3. If there is no sound or picture, push the red circuit-breaker button at the back of the set. If you can't locate it, consult the instruction book which came with the TV.

4. If the sound is normal but there's no picture, turn up the brightness just to make sure you don't have the adjustments wrong. If this doesn't do the job, try another channel. The trouble may be at the station. Similarly, if there's a pic-

Continued on page 5

New National Smoker Study:

"Easy Switch" Say 85%.

Research concludes MERIT taste makes move from high tar to low tar smoking unexpectedly easy.

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Kings: 8 mg "tar," 0.6 mg nicotine av. per cigarette, FTC Report Aug '77
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The electronic circuit
continued from page 50

ture but no sound, try another channel. The problem might be someone tripping over a sound cable at the television station.

5. Suppose you get a black-and-white picture on your color set. Carefully readjust the color and fine-tuning controls, just in case. Again change channels to check. It might be a black-and-white show.

6. If faces are green, purple, or otherwise off-color, it's usually a sign the set isn't properly adjusted. See if you can correct it by using the tint control. If none of these checks work, call your repairman, with the knowledge that you've done all you can.

Q. Does radiation from microwave ovens post a health hazard?

A. The United States Food and Drug Administration says there have been no documented cases of radiation injury connected with microwave ovens used according to manufacturers' instructions. Microwave oven users are protected by government safety standards which apply to all ovens manufactured after October 6, 1971. These standards specify maximum levels of permitted radiation and require that ovens be equipped with at least two independently operating safety locks to shut them off when the doors are opened. Every oven made since 1971 is required to carry a label certifying that it complies with "Title 42, Part 78" of the Code of Federal Regulations.

Microwave radiation is a form of electromagnetic energy which occupies the frequencies between radio waves and infrared waves. It is not an "ionizing" type of radiation, which means it doesn't make things radioactive as x-rays do. Microwave energy is absorbed by many materials, causing a rise in temperature, and this is what makes quick cooking possible.

As with all electronic appliances, there are a few precautions, which will assure safe operation. Before use, read the instruction manual carefully and follow the recommended operation. Never insert anything through the door grill or around the door seal. Do not tamper with the safety interlocks. Never operate an oven with nothing in it. Clean the inside of the oven often and prevent grease buildup on the door or seals by washing them with water and a mild detergent. Do not use scouring pads, steel wool or any other abrasives. ■

Note: Questions from readers about any electronic products are welcome, and answers to those which are of general interest will be printed in this column as space permits.

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Call anytime Saturday or during our other 60% discount periods, and you can say "I love you" to someone 670 miles away for just 20¢ plus tax. And if you want to elaborate, each minute after the first costs just 14¢ plus tax. Learn more about how to save on interstate dial-direct calls from the chart below. Night or day, whenever you get the urge, Long Distance is the next best thing to being there.

Save 60% on Long Distance all day Saturday.

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	DIAL-DIRECT						OPERATOR-ASSISTED	
	WEEKDAY Mon-Fri 8am-5pm FULL RATE		EVENING Sun-Fri 5pm-11pm 35% DISCOUNT		NIGHT (11pm-8am) & WEEKEND All day Sat to 5pm Sun 60% DISCOUNT		Station-to-Station Full Rate All Days, All Hours	Person-to-Person Full Rate All Days, All Hours
MILEAGE	First Minute	Each Add'l Minute†	First Minute	Each Add'l Minute†	First Minute	Each Add'l Minute†	First 3 Minutes‡	First 3 Minutes‡
1-10	$.19	$.09	$.12	$.06	$.07	$.04	$ .45	$1.45
11-16	.23	.12	.14	.08	.09	.05	.60	1.60
17-22	.27	.14	.17	.10	.10	.06	.80	1.80
23-30	.31	.18	.20	.12	.12	.08	1.00	2.00
31-40	.35	.21	.22	.14	.14	.09	1.10	2.10
41-55	.39	.25	.25	.17	.15	.10	1.35	2.35
56-70	.41	.27	.26	.18	.16	.11	1.60	2.60
71-124	.43	.29	.27	.19	.17	.12	1.75	2.75
125-196	.44	.30	.28	.20	.17	.12	1.85	2.85
197-292	.46	.32	.29	.21	.18	.13	1.95	2.95
293-430	.48	.34	.31	.23	.19	.14	2.00	3.05
431-925	.50	.34	.32	.23	.20	.14	2.05	3.15
926-1910	.52	.36	.33	.24	.20	.15	2.15	3.30
1911-3000	.54	.38	.35	.25	.21	.16	2.25	3.55

Dial-direct rates apply on all interstate calls completed from a residence or business phone without operator assistance. They also apply on intrastate calls completed from a residence or business phone where direct dialing facilities are not available. Dial-direct rates do not apply to person-to-person, coin, hotel-guest, credit card or collect calls, or to calls charged to another number because an operator must assist on such calls.

* Rates do not apply to Wide Area Telephone Service (WATS) lines.

† Because rates are rounded, your total charge for any call may be less than the sum of minute charges shown. You're charged all the rate that's in effect all the place you're calling from charges begin when your call is answered. Calls that begin in one rate period and end in another are charged at the rate in effect when the call was answered.

‡ Additional minute charges are the same as those on dial-direct calls

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CLIP AND SAVE

Bell System

TWO BEAUTY TREATMENTS FOR PLANTS:

AIR LAYERING AND PRUNING

The coffee trees with woody stems, along the wall, right, are perfect candidates for air-layering. Soft-stemmed African violets ranged below trees are propagated by cuttings. Architect Myron Goldfinger.

It's the time of year when the plants are growing at their best. The summer sun and warmth have the chlorophyll factories working overtime, and new sprouts and flowers are bursting forth all over—but mostly up. That's the way plants grow naturally, even if it's not always the way we want, particularly if the lower greenery is beginning to look sparse as the plants grow up. Every gardener is bothered at one time or another with a flagpole, one of those tall, lanky specimens with a crown of healthy leaves at the top and nothing below but a bare trunk going all the way down to the pot.

At first the naked stem in question may be hidden behind smaller, fuller plants so that only the lush top is visible. But eventually this ruse wears thin. Then what? Get rid of the plant? If only it were possible to dispose of the lower part and keep the top—lower the flag and throw out the pole, as it were. Well, it *is* possible, through a process best known as air layering, less known as gootee, marcottage, or Chinese layering. It's a simple process and one that with the materials available today takes little time, although until recently it required much patience. In fact, the name Chinese layering came from the fact that only the Chinese were reputed to have the endurance to implement it.

The key to air layering is moisture, and that is what made the method until recently so laborious. A specimen—or a branch, since air layering was also used for propagating plants—was first girdled. That is to say, a strip of bark was cut away all around the stem or branch to be layered. Then a ball of clay and moss was wrapped around the wound. Above this was fastened a large bucket with a hole in it. Water was allowed to drip slowly onto the ball, keeping it constantly moist while roots grew slowly out from the wound. It took months, not only requiring a vigilant eye on the water bucket, but also causing rather a mess unless one had a greenhouse in which to work.

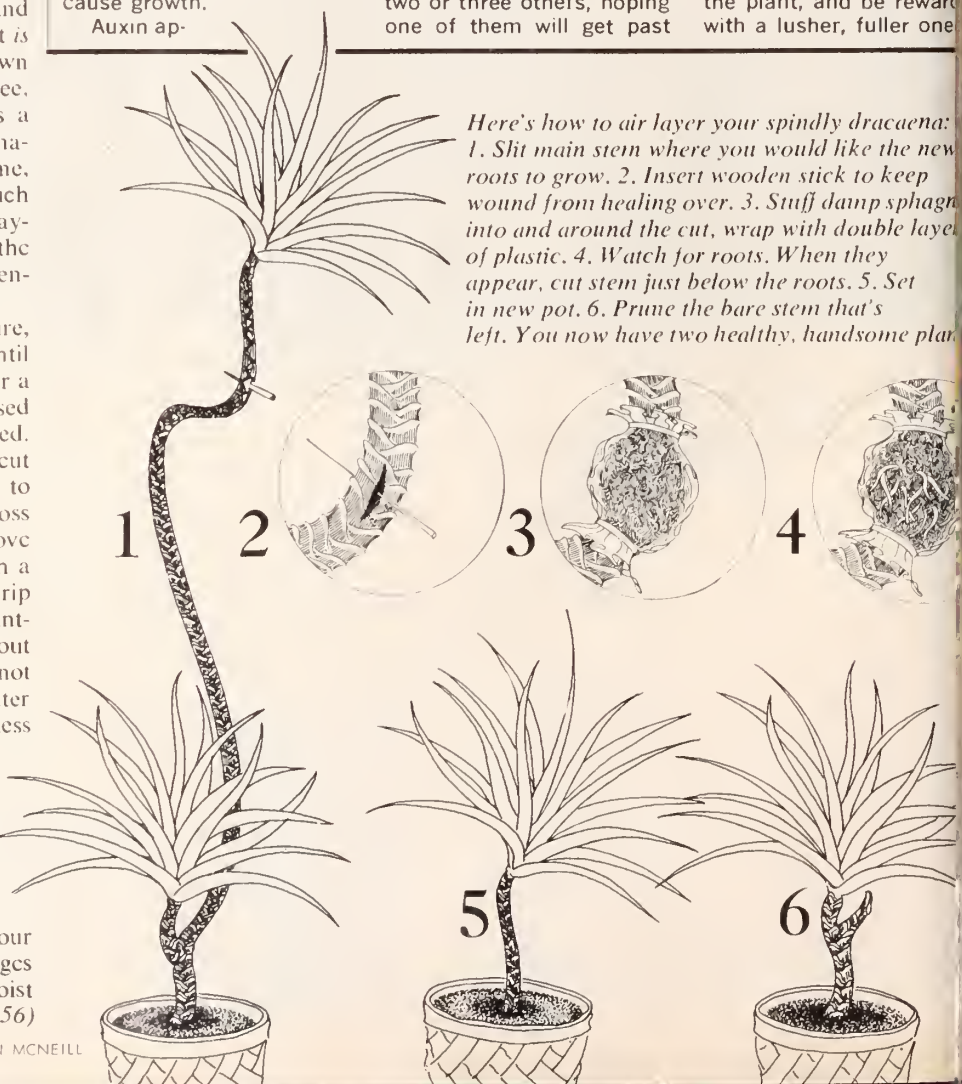
Enter modern plastics, specifically polyethylene film which has two qualities suiting it admirably to air layering. First, it transmits no water vapor to speak of. If you wet your ball of moss and then wrap your bundle in polyethylene, sealing the edges tightly with tape, it will remain moist until you re- *(Continued on page 56)*

A PINCH IN TIME

Now that you've air layered your plant, remember to keep it beautiful by regular pruning. Pruning affects the hormonal flow within a plant, altering its growth habit. The plant growth hormone auxin, discovered in the 1930s, is well known for its effect. Exactly how it works is not yet established. But essentially either too little or too much auxin in some part of a plant will cause growth.

Auxin appears to be produced at the tips of plants. Removing the tips of a growing shoot, then, will lower the auxin level in the remaining part of the shoot, encouraging new growth. And if you nip off the new shoots, still more buds develop. The more you pinch back, the more growth you encourage. It's as if every time you thwart a new branch, the plant decides to send out two or three others, hoping one of them will get past your shears.

Not all plants can pruned. Some, like bror laids and palms, for exa ple, grow from a single sette, so cutting back wo cut off their only life sour Since these plants don't come leggy, you should have to prune—but w plants that do, rememb Don't be timid. During growing season, you cut back as much as h the plant, and be reward with a lusher, fuller one



Here's how to air layer your spindly dracaena: 1. Slit main stem where you would like the new roots to grow. 2. Insert wooden stick to keep wound from healing over. 3. Stuff damp sphagn into and around the cut, wrap with double layer of plastic. 4. Watch for roots. When they appear, cut stem just below the roots. 5. Set in new pot. 6. Prune the bare stem that's left. You now have two healthy, handsome plan

SUSAN MCNEILL

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sharp knife is thrust through the center of the stem and twisted. Then a short piece of wood about ¼-inch thick is inserted to keep the wound open. Following this step, some of the bark on each side of the wound is scraped away, exposing the inner wood, and then the open area can be brushed lightly with powdered rooting hormone.

Now some well-dampened sphagnum moss is pushed into the wound. More sphagnum is wrapped around it to form a fist-sized ball. The moss should be moist, but not sopping wet. A double layer of polyethylene is wrapped around the ball and held snugly in place with florist's ties, Twist-'Ems, or tape. That's all there is to it—except waiting. The only thing you have to do while waiting is to occasionally check that the moss is still moist and that the plant is warm enough, in a spot preferably about 75 degrees.

After anywhere from 3 weeks to half a year, depending on the plant and its temperament, you'll see root among the moss. Once th roots have formed, gentl unwrap the plastic and cu the stem just below the low est root sprout. (If you'r keeping the old bottom hal of the plant as well, cut o the extra length of flagpol on it, too, down to the high est leafy spot.) Removing a much moss as possible be fore planting will minimiz the possibility of air pocket forming around the tende young roots when you se them into the soil. It's not neeessity, however, and i you're worried about dam aging the new roots, leave bit of the moss in place.

Pot up the "new" plan like the old one, but mist often during its first fe weeks on its own; it reall hasn't enough roots yet t pull up all the water fro the soil that it was used t when it had its old trunk an large root system. Apa from needing that bit of e tra care, your foreshortene plant should be every inch a sturdy and healthy as its fo mer self. ■

Air layering and pruning
continued from page 54

move the bandage. However, the moss would probably rot from lack of air circulation were it not for this plastic's second unusual quality: Polyethylene is permeable to gases such as carbon dioxide and oxygen. So an air-layered wound wrapped in polyethylene not only remains moist, but receives a reasonable amount of air circulation as well.

Air layering is almost always successful, so don't be nervous about giving it a try. Its one limitation is that it can be used only on what's generally known as a woody plant, that is, one with a hard, well-defined trunk. This doesn't mean it is limited to obvious candidates such as the crotons or the rubber tree family. Generally, any plant that can be rooted by taking cuttings can be air layered. Even soft-stemmed plants such as coleus, whose trunks may not seem "woody" can be air layered, although in the case of these types of plants it is easier to simply cut the top off and root it separately, leaving new shoots to come out from the base of the old plant.

Let's take a look at something like a 5-foot dracaena. A dracaena of that height is apt to be ready for air layering in a spot or two. One used to adorn my fireplace with a mop at the top, a mop at the bottom, and nothing in between. In the case of a plant like that, bringing the feather duster top down to earth would make a much more attractive, though smaller, specimen. It would also give you two plants, since the lower leaf mass on its own trunk would keep growing.

To air layer such a plant, first you deliberately injure the plant where you want the new soil level to be. A

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)ur Maytag Washer and Dryer are so great ve naturally got a Maytag Dishwasher, too, ays Mrs. Shapiro.

'hat washer has seen lot of work in 11½ ears, but it has eldom seen the epairman.

J. C., 6, holding Suzi, Andy, 9½, Mrs. Marion Shapiro, Mr. Paul Shapiro, Steachi, 13; J. J., 15.

"My mother-in-law had a Maytag Washer for umpteen years; because of her satisfaction, we bought ours," writes Mrs. Marion Shapiro, Rockaway, New Jersey.

11½ years have convinced her Maytag Washers are built to last longer and need fewer repairs. "Living in suburban New Jersey, my boys get quite dirty (this time of year they're covered with mud and I wash sneakers daily)," she states.

"I do between 2 and 5 loads a day, *every day*." But nothing seems to faze that washer, according to Mrs. Shapiro; and she adds that her Maytag Dryer has also proved to be a faithful helper.

"When the time came to buy a dishwasher, we never even shopped," says Mrs. Shapiro. She and her husband went straight to a Maytag dealer and ordered a Maytag Dishwasher. That was three years ago and it has been a joy right along, she concludes.

Naturally, we don't say all Maytags will match that record. But long life with few repairs is what we try to build into every Maytag Washer, Dryer, Dishwasher, and Disposer.

It's no fun being lonely, Mrs. Shapiro.

I just put in the dishes and I know they're going to come out clean, says Mrs. Shapiro. That's what I like best about my Maytag Dishwasher. Also, it's quiet.

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FOR THE HOUSE FIXE

NUTS AND BOLTS ABOUT HANGING ANYTHING

BY DEANNE RA

Hanging a shelf, mirror, or bookcase successfully depends on the kind of wall you have. Construction dictates how you approach the problem. The **hollow wall** is supported by vertical structural 2-by-4's called studs. Then lath, made of either wood or metal mesh is nailed to studs and plaster frosted over. Since building costs have escalated, this method has been replaced with **dry wall** construction—sheets of plasterboard, nailed to the studs. The **solid wall** is composed of masonry such as brick, cement, cinder block, etc.

To find out what kind of wall you have, knock every few inches with your fist, working across the surface. Does the sound seem to change from a hollow to a more high-pitched tone? If so, you have a dry wall. The change in tone occurs about every 16 inches when you hit the stud. When the pitch does not change, the wall is most likely lath and plaster (if an inside wall), or masonry if it is an outside wall.

Dry wall fasteners

Once studs are located, it is easy to hang something on a dry wall. Simply use screws to install the item, attaching it to the studs. What if the studs are not in the desired spot? You will need to use a *drive-in expansion anchor* or "molly." Use a hammer to drive the anchor into the plasterboard, screw in the bolt. (This opens up the anchor.) Withdraw the bolt, put up the fixture, reinsert, and secure the bolt.

Plaster wall fasteners

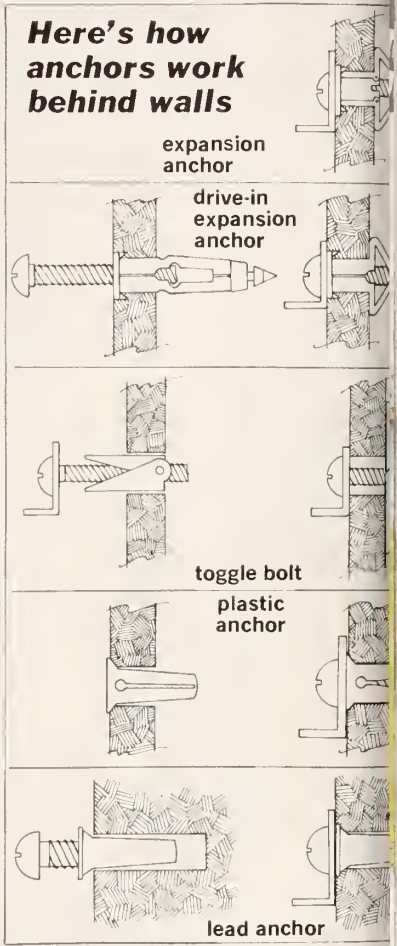
To hang things on a plaster wall, you will need an electric drill. For lightweight items, a soap dish, for example, use a *plastic anchor* or plug. Drill a hole the diameter of the fastener, insert the plug. Use a sheet metal screw ¼-inch longer than the anchor to secure the fixture. For heavier fixtures, shelves, bookcases, or to hang plants from the ceiling, use a sturdier *expansion anchor*.

For extra weighty objects, like hanging cabinets, you will need *toggle bolts*. The toggle bolt is a long bolt with "wings" attached to it. Drill a hole large enough for bolt and wings. When the fastener is pushed in the wings will pop open on the opposite side of the plaster wall. Use a screwdriver to tighten the bolt.

Masonry wall fasteners

For thick masonry walls, use a carbide tip masonry drill bit to make a hole at least ¼-inch longer than the fas
A *lead or plastic anchor* can be us
the job. Tap the plug into the drilled
with a hammer. Then use a sheet
screw ¼-inch longer than the pl
secure the fixture to the surface.

Here's how anchors work behind walls



Talented tools

Having hand tools in many siz
types is costly, space demandin
adjustable Crescent wrench repl
fixed-size wrenches; the 8-inch w
$7.15, fits any nut or bolt under
diameter. A miniature screwdriv
nut-driver set with extension h
Xcelite, $15.65, handles most ne
4-In-Hand file with flat and half-
rasp and file surfaces, Nicholson,
does the job of 4 files. A "Nest of
with handle and 3 blades is $7.
Nicholson. And a new Lufkin ste
is marked in both feet *and* met
hardware stores.

More House Fixer, p

Only Pella makes a wood window his easy to wash

Pella • Lots of elbow room

Others • Very little elbow room

Only Pella windows are equipped with a hinging system that allows the sash to crank out a full 90° *to the center of the frame*. You get lots of elbow room to clean outside glass — even reach the farthest corners — quickly and easily from inside your home. As a matter of fact, every ventilating window Pella makes — casement, double-hung, and awning — is engineered to be the easiest window you ever washed.

Pella saves energy with more insulation for less money. Pella's Double Glass Insulation System has a full 13/16″ air space between the panes. And the greater the space between panes, the greater the insulation value. As a result, Pella's Double Glass System actually outperforms welded insulating glass, yet costs less per window. Pella's wood construction and modern weatherstripping combine to make Pella windows truly "Energy-Tight".

Pella Double Glass Insulation

Ordinary insulating glass

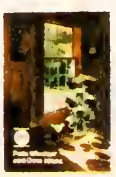
Only Pella makes a disappearing screen. The Pella Rolscreen® is a screen that works like a window shade. It rolls up and out of sight to give you a crystal clear view and let in 20% more light. Then, when you need it, the screen pulls down and latches firmly into position. An interesting option to the standard inside screen on our Clad Casement.

Pella Clad Windows won't chip — won't peel.

Unprotected windows require regular maintenance

Pella's aluminum exterior needs no painting. Pella wood windows give you the best of both worlds: aluminum cladding in attractive colors outside — all-wood construction inside. We think that's important. Some wood windows that offer clad protection wrap the *exterior* finish all the way around the sash so you see it on the *inside*, which can cause decorating problems. But with Pella, all you see inside is rich, warm wood.

Pella's Slimshade® . . . the energy saver. The Slimshade is a narrow-slat blind that fits between the panes of Pella's Double Glass Insulation System. Besides providing privacy when closed, the Slimshade can lower heat loss by 62% and solar heat gain by 82% when compared to a single pane, unshaded window. A practical energy saver.



FREE. 16-page "Window & Door Ideas" book for traditional and contemporary homes. Tells you everything you need to know about window types and how each works, window treatment in various architectural styles, and important considerations in window placement and selection. After you've read this book, visit your Pella Planning Center for further assistance. It's in the Yellow Pages, under "windows".

Please send me a copy of "Window & Door Ideas".

☐ I plan to build. ☐ I plan to remodel. ☐ I would like an appointment at the Pella Planning Center nearest me, have someone contact me.

NAME

ADDRESS

CITY STATE ZIP

TELEPHONE

Mail to: Pella Windows & Doors, Dept. C03G8 100 Main St., Pella, Iowa 50219. Also available throughout Canada. Coupon answered within 24 hours.

olscreen Co. 1978

Celotex Tiara
They look a little bette

Some of the most beautiful ceilings you car buy come under the name of Tiara by Celotex

There are eight different Tiara patterns an textures. Each is richly embossed and appear most seamless when installed. Four are Hush-To acoustical products.

And Tiara 12" x 12" tiles are particularly eas

eiling Tiles.
hey go up a little easier.

stall. They go up quickly using our concealed
system or by stapling them directly to furring
s. Tiles are made of mineral fiber to assure
ellent quality and a richly-designed pattern.
Put up a Tiara ceiling this
kend. You'll feel beautiful
nday morning.

Celotex®

BUILDING PRODUCTS
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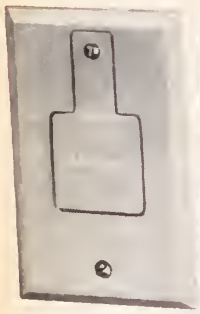
a Jim Walter company



Speak easy

The convenience of a built-in wall radio-intercom is available with this portable speaker and an electric wall outlet. Install the wall receptacle, plug the portable speaker into it (NuTone model ISA-46 shown) and you can talk or listen to other rooms or the front door via the house radio-intercom system. Useful for garage, basement, outdoor terrace, a sick room, the portable 3-inch-high, 8-inch-deep, 6⅛-inch-wide speaker can be moved at will. With volume and "off" control and an 8-foot cord, speaker is $50. Wall outlet, $5. NuTone Div., Scovill, Madison & Red Bank Roads, Cincinnati, Ohio 45227.

Electrifying ceiling

Gypsum board panels that incorporate radiant heating with embedded electric cables can be applied to ceilings of new or old houses. Providing both heating and the ceiling in a single product and operation, the Panelectric radiant heat panel warms walls, floors, furnishings, people evenly from overhead like the sun; heat is just above body temperature. The ⅝-inch-thick gypsum panels (ranging from 4 by 6 feet to 4 by 12 feet) are installed like any dry wallboard, can be painted or papered, too. Each has an 18-foot electric lead to connect to the house electrical system, and the other panels, for room-wide heating; panels are thermostat controlled. Gold Bond Building Products Div., National Gypsum Co., 325 Delaware Ave., Buffalo, N.Y. 14202.

Space savers

Wall-hung storage shelves and baskets for closets, kitchen, pantry, bathroom, laundry, garage, cellar, save space. With rust-proof, white, coated steel frames, they are open for ventilation, can be easily installed. Baskets, in 12-, 18-, or 24-inch widths, are supported by metal straps you fasten to a flush surface with screws or adhesive pads; the baskets snap onto them. Shelves, 9, 12, 16, or 20 inches deep, with brackets and back clips to support them in lengths of 2, 4, 5, 6, 10 feet. Approximate prices for baskets range from $6.50 to $8.50; shelves, $5.50, $10, and up in home centers. StoreEase, 2900 N. Dixie Highway, Oakland Park, Fla. 33334.

Sun block

To cut air-conditioning costs in summer, a new transparent film, "Scotchtint," can be applied to windows. In sheets, pale silver or bronze, it shuts out 75 percent of sun heat, reducing indoor temperature, and eliminates up to 82 percent of sun glare, it is claimed. It gives glass a mirror-like look on the outside—an aid to privacy—but is transparent indoors. Fading of carpets, draperies, upholstery is also reduced. Available in sheets 30 by 48 inches ($10-$16), 36 by 78 inches ($20-$26), 48 by 78 inches ($26-$32) at home centers, hardware and department stores, it can be applied by skillful do-it-yourselfers. 3M Co., Household & Hardware Div., 3M Center, St. Paul, Minn. 55101.

Two ways to save energy: the kind you pay for and your own.

DAP Acrylic Latex Caulk seals cracks and joints around window and door frames, inside and outside your home. Saves energy costs: keeps heat in and cold air out. Dries fast for painting in just 2 hours. Makes paint jobs last longer.

Kwik-Seal® Tub & Tile Caulk makes a neat, watertight seal around tubs, sinks and showers. Resets tile. Caulks interior window and door frames. Fast and easy to apply. Stays bright white, mildew-resistant and flexible.

DAP is a registered trademark of DAP Inc.
DAP Inc. General Offices
Dayton, Ohio 45401
Subsidiary of Plough, Inc

Depend on fix-up products
DAP creates

BECAUSE THE SOCK DISAPPEARS, SO DOES THE DIRT.

Before you buy a washer, take off your socks.

Throw one into a Frigidaire washer, the other into the best selling brand's best washer. Start the machines, and watch what happens.

See how quickly the Frigidaire sock is sucked beneath the suds. And see how long the other sock just hangs around the top.

What you are seeing is our special Jet Cone agitator at work.

It goes up and down instead of back and forth like other washers. It pulls the clothes down to the bottom of the tub. And that's where the best cleaning action takes place.

In fact, independent laboratory tests have proven that our Jet Cone washing action circulates the wash load three times more often per regular wash cycle. And gets clothes cleaner than the best selling brand's best washer.*

But our quest for clean didn't stop there.

Only Frigidaire washers have the Jet Circle Spray action. It shoots water into the tub from not one but twelve outlets around the top of all 1-18 lb. washer tubs. This forces the detergent into solution and even helps push the clothes down under the water to loosen dirt.

So take a look at a Frigidaire Jet Cone washer.

It'll not only knock your socks off.

It'll get them clean.

*Tested in accordance with AHAM's Standard HLW-1 Soil Removal Test using a 15-lb. dry weight mixed cotton test load.

FRIGIDAIRE GM

WHY SETTLE FOR LESS?

Look for our Jet Cone washers and easy-to-load wide mouth dryers, just part of the complete line of Frigidaire appliances at your local Frigidaire dealer.

celebrate!

Spring is reason enough—and WINE & FOOD: A House & Garden Guide is all the help you need. The newest Guide is a handbook of tips, hints, recipes, entertaining ideas. It elevates simple food to party fare, takes the intimidation out of haute cuisine. Nutrition, delicious flavors, and presentation are emphasized, whether you're dining solo, "en famille," or with guests. Look for WINE & FOOD at your favorite newsstand beginning May 15; depend on it from then on.

SPRING-SUMMER 1978
WINE&FOOD
A HOUSE&GARDEN GUIDE

$2.00 at newsstands everywhere

If your dealer's sold out, send a check or money order for $2.75 (includes postage and handling) payable to WINE & FOOD: A HOUSE & GARDEN GUIDE, to the following address:

House & Garden, Dept. WF-SS '78 P.O. Box 1910 Grand Central Station, New York, N.Y. 10017

HERBS FOR ALL SEASONINGS

How to prune, gather, and dry herbs for year-round flavorings

BY MARYBETH WESTON

Herbs in pots, outdoors for summer

Whether you grow your herbs on a sunny window sill, under fluoreseent lights, or in an outdoor garden, you will find these plants are generous. A few plants will provide you with enough leaves to keep for future use, even if you use fresh herbs often. Just pruning the plants for their own health and shapeliness will keep you in good supply. When you cut back perennial ehives, for instanee, you will have green shoots to spare. When you pinch baek basil to keep it from flowering (and as an annual going to seed and dying), you will have sprigs and leaves. All herbs, including perennials, are more flavorful before flowering, so crop them often.

Preparing herbs

Three ways to keep herbs are by air-drying, oven-drying, and freezing. Whiehever method you ehoose, you will want to follow eertain steps:

1. Piek them fresh and proeess them quickly. Too mueh sun and too much heat soak up aromatie oils, so piek them early in the day.
2. Wash herbs in eool water to remove dust. Wash eurly-leaved herbs sueh as parsley several times.
3. Drain herbs in a colander and pat dry between paper towels or tea towels.
4. Sort herbs earefully, removing any yellow or unattraetive leaves. Diseard most stems.
5. In sorting, create your own mixtures of *fines herbes*. Mix mineed ehervil, ehives, parsley, tarragon, or other eombinations to paekage as one.
6. Bunch some sprigs to dry as *bouquet garni*. One or two sprigs each of basil, bay, marjoram, parsley, sage, thyme, combine well. These can be dried, then tied into eheesecloth squares with white string to be used in eooking.

Air-drying

Old herbal books suggest that after gathering, washing, and sorting herbs, you hang them on hooks or on a line stretehed in a kitchen, attie, or other dry plaee. A newer suggestion, helpful if you have a dusty attic or toolshed or garage, is to put the herbs, quite dry, into paper saeks for dust protection but punched with holes for ventilation and further drying. Large decorative herbs sueh as artemisias ean be bundled just with rubber bands so that the bands will eontraet as the stems shrink when they are hung upside down to dry. Rubber bands ean also be easily hooked to a elothes hanger with paper clips—an easy way to dry some summer flowers as well as herbs.

Oven-drying

Modern-day growers in small quarters may find it pretty to hang herbs in a kitchen but more practical to dry them in the kitehen oven. Pat dry and spread them thin on a cookie sheet. Plaee in a low oven, preset for 100 to 150 degrees, and leave the oven door partially open. Remove herbs when they are crisp but not burnt dry. This ean be 15 minutes or less for small-leaved herbs sueh as thyme, up to 1 hour for thick or curly leaves. Anyone with a microwave oven can dry herbs in 20 to 30 seeonds.

Put dried herbs immediately into sterile glass containers with seeure lids. Be sure the herbs are absolutely dry before packaging. If any moisture mists the glass, open and redry at onee. Keep eontainers out of the sun and in a closed cupboard.

Freezing herbs

This is another very easy modern-day method. Put washed and pat-dried herbs into plastie bags or recyeled food-store containers, and freeze. Paek family-sized or individual servings in separate bags beeause once thawed, herbs should not be refrozen. Many herbs are mueh better frozen than dried. Chopped chives, parsley, and whole mint and basil leaves, for instanee, keep their fresh color and taste. Put small portions in well-marked large eontainers, or color-code the Twistems or string you use to tie bags. Heat-sealers are helpful if you use plastie bags. ■

THE SEAGRAM'S GIN "WIMBLEDON WHISTLE."

Seagram's Gin and Schweppes Bitter Lemon...A Great Match!

Pour 1½ oz. Seagram's Extra Dry Gin over cubes, fill with Schweppes Bitter Lemon, garnish with orange slice, and you're ready to serve an ace.

Seagram's Extra Dry. The Perfect Martini Gin. Perfect all ways.

For an authentic British Bobby's whistle with chain, send check for $2.50, name and address to Wimbledon Whistle Offer, P.O. Box 11558, Newington, CT 06111. Conn. residents add 7% tax. Offer good while supply lasts. Void where prohibited. Seagram Distillers Co., N.Y.C. 80 proof. Distilled dry gin. Distilled from grain.

New in the stores
continued from page 34

a special controlled moisture-release emollient core inside each one—even doubles as a sunscreen. Comes in 8 shades for $3.50. And if you're one who loves a bare face for summer, **Tinted Moisturizer** in a tube could be your special solution—also in 3 shades; also with the healthy dollop of sunscreen, $5.50. You get the sun-kissed look without the problems. Both Sportstick and Tinted Moisturizer in a handy tube are by *Moondrops*, at department stores and drugstores everywhere.

PAULA RICE JACKSON

Your fragrance and herbal almanac
The sign: **Cancer**
Circa: June 22-July 22

Plants that flower by moonlight, such as Night-blooming jasmine and the exquisite cereus belong to the sign of Cancer. The leaves of clary, of the sage clan, contain oils used as fixatives. **Shalimar** by Guerlain is a favorite of the sentimental, affectionate Moonchild. Memorable **Calandre** by Paco Rabane has the jasmine scent to stir. For the Cancerian male, Geoffrey Beene has a winner in chic **Grey Flannel.**

MARIA REACHI

Some houses were never meant to be painted.

Architect: Architectural Workshop - Moscow, Idaho John Anton Berg — Designer

The most beautiful thing you can do for your home is to preserve and protect it against sun, rain and harsh climates with Olympic Stain.

Olympic's penetrating protection lets your wood breathe. So, we guarantee it against cracking, peeling and blistering. Your home receives lasting protection no matter how wet or how dry the weather gets. That's why architects specify Olympic more than any other stain.

Available in 66 beautiful semi-transparent and solid colors. Please follow easy label directions. For more information, consult the Yellow Pages for your Olympic dealer or write: Olympic, 2233 112th Avenue N.E., Bellevue WA 98004.

Dear House & Garden
continued from page 24

Those quick-change placemats . . .

Where can I find the clear plastic, foam-backed, envelope placemats mentioned on page 137 of the March, 1978 issue? I haven't been able to find them locally.
—J.J.B., Baltimore, Md.

These 11-by-17-inch "envelope" placemats, each with a pocket in back through which you can insert your own wallpaper, fabric, or drawing, are available by mail for $2.50 each plus 75¢ per mat for 1st-class shipping, from Russell's Wallcoverings, Ltd., 1046 Madison Ave., York, N.Y. 10021. New York residents please add your local sales tax.

. . . And those $20 durries

In your March, 1978 issue on page 136, you say durrie rugs as inexpensive as $20 for a 3½-by-6-foot rug are available. Please tell me where.
—F.A.H., Barrington, Ill.

Striped cotton durrie rugs 3½ by 6 feet in size are available by mail for $20 each plus shipping from Design Research International, 53 East 57th St., New York, N.Y. 10022. (New York, Massachusetts, and California residents please add sales tax as well.) The rugs are handwoven in India and have charming crenulated and X-O-X patterns woven into the stripes. There's no mail-order catalogue, and the stock tends to change from week to week, so you can never be sure just what color combination you'll get. Most rugs are in earth tones or in vibrant Mexican-style colors. If you'll tell Design Research the predominant colors in your room, the store will look over its stock for the week and pick the rug most likely to harmonize with your color scheme. Since orders, including shipping, must be prepaid, an easy way to order is with your American Express, Master Charge, or VISA card.

Hot tips on freezing

I'd like to freeze supermarket sour cream so I could have it on hand at all times. Is this advisable, and, if so, how long is it safe to keep sour cream frozen?
—P.H., New London, Conn.

Sour cream and related foods—cream pastry fillings, soft frostings, and custards—are poor candidates for freezing, as they will separate into liquid and lumps when defrosted. For freezing do's and don't's, including a table of maximum recommended 0°F freezer storage times, see the *Ball Blue Book: The Guide to Home Canning and Freezing*, now in its 30th edition. A copy is available for $2.50 ppd. from Ball Corporation, Box 2005, Dept. Hg, Muncie, Ind. 47302. One postscript: Sour cream will keep about a month in the refrigerator—many times longer than heavy cream. ■

BE GOOD TO THE FOLKS IN EUROPE FOR ONLY $6.75 OR LESS. (THAT'S NOT BAD.)

It's only $6.75 (plus tax) for a station-to-station call to most West European countries. That's for 3 minutes. Add $2.25 for every additional minute.

Many countries have nighttime and Sunday rates that are less.

Money aside, a letter can't make you (or your relatives) feel good the way talking together can.

They don't live in Europe? Well, it's only $9.00 or less for three minutes to Japan, Israel, Australia, or Brazil.

Bell System

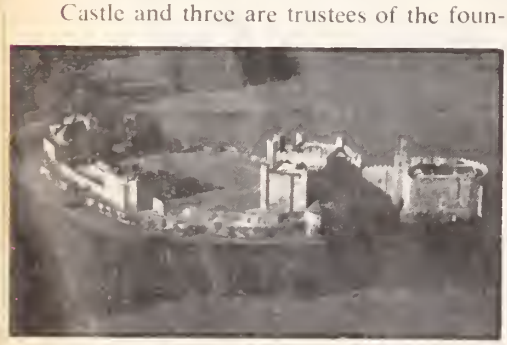
CHARLES HARBUTT, MAGNUM

Going places, finding things...

An English castle with an American story

One of the most romantic castles anywhere was built a thousand years ago on an island in the center of a small lake surrounded by a lyric piece of English countryside in what is now Kent. Today, Leeds Castle is open to the public for the first time in its history. From the time she bought it in 1926, restoring Leeds was the life work of the Hon. Olive, Lady Baillie, the daughter of Lord Queenborough and his American wife Pauline Whitney. When Lady Baillie died 4 years ago, the castle was left in trust to be used as a castle museum and as a center for international conferences. Many Americans have followed Lady Baillie's interest in Leeds Castle and three are trustees of the foundation that runs it now: Mrs. Albert D. Lasker, William S. Paley, Mrs. Alice Fordyce. John Hay Whitney, Lady Baillie's cousin, is honorary president. But there's more of America linked with Leeds Castle. After 300 years of royal ownership, Henry VIII —its most famous and last royal owner, who enlarged it and stayed there often with a succession of wives—gave it to Anthony St. Leger. In the turbulent period that followed, owner succeeded owner until Leeds was bought by Lord Culpeper. He was the same man to whom Charles II gave over 5 million acres in what's now Virginia and Maryland. By marrying Culpeper's granddaughter, the fifth Lord Fairfax inherited Leeds plus all the land in the New World. The sixth Lord Fairfax even emigrated to America. There he befriended young George Washington, who helped survey his enormous holdings.

This year, you can visit Leeds Castle on Tuesdays, Wednesdays, Thursdays, and Sundays from 1 until 5, through October 29. When you go, look for beautiful English Gothic furniture, Gothic stairways carved in wood, Brussels and Flemish tapestries, Henry VIII's huge banqueting hall, plus many famous 19th- and 20th-century French paintings and Lady Baillie's collection of exotic birds. Four hundred acres of park and wood surround the lake. Visitors are welcome to picnic and to have refreshments in the castle's tearoom. For further information, write the British Tourist Authority, 680 Fifth Avenue, New York, N.Y. 10020. N.R.



Leeds Castle was known as a "Ladies Castle" because the kings of England who owned it often made Leeds a present to their wives.

OMAN & PETTITT

Local Tom Sawyers compete to paint fences in Hannibal, Missouri

GRASSROOTS FUN IN THE MIDWEST THIS JULY

Hannibal, the little town on the Mississippi where Tom Sawyer and Huck Finn got a start in Mark Twain's imagination, offers all sorts of fence-painting shenanigans this summer. On July 1st, bring your children for: a Huck Finn raft race, a Tom-Boy Sawyer contest for girls. (There's a separate fence painting contest: no girls allowed.) Later in the week, watch a wheat-thrashing contest, or a checkers game between local champions, plus a parade. On the 4th, enter a frog in the frog-jumping contest, dance to several dance bands until the sun goes down, watch the fireworks. Call (314) 221-1101 for information.

In **northern Michigan,** summer means a huge cherry crop. For a week beginning July 9, Traverse City (on Lake Michigan), holds a city-wide festival. Choose from cherry-pie eating and baking contests, cherry pancake breakfasts, a contest for the best new cherry dessert recipe (you have to bring a sample), canoe races, parades, band competitions, boat races for boats made from milk cartons. Many activities for children as young as 3, over 75 events for the whole family that cost nothing. Call (616) 947-4230 or write Cherry Festival Committee, Box 141, Traverse City, Mich. 49684, to find out more.

The house where **Ernest Hemingway** grew up is a block or so away from **Frank Lloyd Wright's** house in Oak Park, Ill., a Chicago *(Continued on page 74)*

Summer night smiling in Sweden

By Henry Hewes

In Sweden, as every filmgoer knows, summer nights are for smiling. Smiling, for instance, at how late the light lingers in the northern sky in most of Sweden, or, in the northernmost part, at enjoying sunshine at midnight. *Continued page 72*

Nightly performances of a famous passion opera are given on Gotland.

You can pack it all—and still carry it off in style with Samsonite Cartwheels® luggage. With Cartwheels unique tilt 'n pull design, you can carry a fully packed suitcase without even breathing hard.

And you have your choice of Cartwheels styles: classic Silhouette,® soft, contemporary Sonora™ and new, high-value Concord.™

Pick up a Cartwheels and get moving.

Samsonite®

Samsonite's got your bag.

Acapulco Sun Spree!

JET-AWAY
4 DAYS
$84.*
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per person
double occupancy
single $125.

At the brightest new beach hotel under the golden sun!

HOTEL LA PALAPA

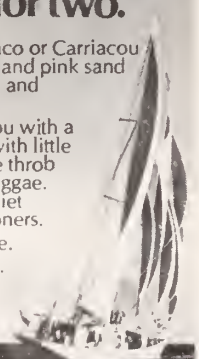
Wonderfully low rate includes: Deluxe air conditioned suite with ocean view terrace • Welcome cocktail • Fruit basket • Daily breakfast • Round trip transfers between hotel & airport • Waive of cover charge at 'La Nouvelle' disc • Bellman & Chamber maid gratuities. • Yacht Cruise, free cocktails. Rates effective May 1 to December 15, 1978

CALL YOUR TRAVEL AGENT
or write for brochure **HOTEL LA PALAPA**
P.O. Box 48858, Los Angeles, CA 90048

Give to
PROJECT HOPE

We'll find you an island big enough for two.

It will be called Saba, Abaco or Carriacou
It will have hidden coves and pink sand beaches where you swim and laugh and love.
At night, we will cover you with a Caribbean sky. Teeming with little bits of stars. Suddenly, the throb of steel drums. Limbo. Reggae. Or tender moments in quiet corners of majestic schooners.
A Windjammer adventure.
6 days and 6 nights. $295.
For 'Great Adventure' booklet write or call toll free 1-800-327-2600.



Windjammer Barefoot Cruises
Box 120. Dept. 127. Miami Beach, Fla. 33139.

Summer night in Sweden
continued from page 70

You may also smile because you are able to book a table at Operakällaren, (across the street from the Grand Hotel, where you might stay, and overlooking the harbor), one of the world's great restaurants, whose regular clients are away on vacation. Operakällaren, as the name implies, began as a cellar under Stockholm's Royal Opera House in 1787 and soon became the discussion center for people who cared about art and literature. When the old opera house was replaced in 1892, the cellar surfaced and became the present handsome two-story rotunda, adjacent to the new Royal Opera House. Inside, its oak-paneled main dining room has a relaxed elegance and the food is impeccable.

On an enormous center table is laid out an assortment of delicacies that give that too indiscriminately used word, smorgasbord, fresh meaning. The way to attack such a feast is section by section. First the cold sea food: Greenland shrimp, salmon fin, and so many different herring dishes that you need a herring aid. Take a plate of this back to your table, and when you finish have a mouthful or two of beer or aquavit. Then go back, pick up a fresh plate, and select from the eggs and salad section. Further forays may be made to the meat dish section, the hot section, and finally to pick up some fresh fruit salad and/or pastry. The most popular item is an anchovy dish called Jansson's Temptation.

The smorgasbord luncheon is priced at $16 ($8 for children), but in Sweden where the basic cost of food is double what it is in the U.S., you might as well eat the very best. The regular menu is international and includes such exotic items as eel baked on hay and roast reindeer. You can also ask for "husmanskost" (home cooking) and they will bring you a delicious meat concoction that is a kind of super-hash (the entrées run from $5 to $12). Most of the same menu is served at the Bakfickan (The Hip Pocket), a small counter restaurant with a separate entrance from the street which caters to customers in a hurry.

Another advantage of going to Sweden in the summertime is that June, July, August, and September are the only months during which there are performances—on certain evenings—of 18th-century operas at Drottningholm. Located on the grounds of the old summer palace, this unique, intimate opera theatre is virtually unchanged from 1756, when King Gustav III and his courtiers enjoyed gala evenings in it. The ingenious original stage machinery, still operates and half the fun of going there now is watching the old-fashioned scenery change before your eyes. Astonishingly, the old system of eight painted "wing" units that slide in floor grooves at each side of the stage works so smoothly that the audience is unaware of the changing. At one moment we are in a palace. The next we are in a forest. What we do notice is the famous chariot of the gods, an actor-carrying platform lowered from above whenever divine intercession is required to bring a long opera to a quick conclusion. It is also a treat on other nights to hear some of Sweden's best singers performing 18th-century French and Italian operas in an intimate style for an audience of 240 people. And the charm is further enhanced by the use of special tiny lights that move slightly to give the effect of flickering candlelight. Tickets to these performances are in demand and should be bought well in advance through a travel agent or at a special booth in NK, Stockholm's largest department store.

The tiny theatre also houses a superb theatre museum (the *commedia dell'arte* paintings and prints are incomparable), and during the day there are guided tours of the palace, the theatre, and the theatre museum. If you're lucky you may also catch part of a rehearsal of one of the four operas or ballets. Drottningholm is only an hour from Stockholm, and the pleasantest way to go is by boat.

Also only an hour from Stockholm, but this time by plane, is the island of Gotland, where from mid-July through mid-August the famous Swedish opera, *Petrus de Dacia*, is performed every other night in the ruins of the 13th-century St. Nicholaus church. This magnificent Dominican structure makes an ideal setting for the story of Petrus, a Dominican friar who in 1286 was elected Prior of St. Nicholaus here. The libretto tells of Petrus's love for Christina, a miracle-working young nun he meets in Germany. Although he does his damnedest to keep his feelings above-belt, Petrus has middle-of-the-night moments of concern that his love may be subconsciously sinful, and therefore considers himself unworthy to be prior until the Virgin Mary appears in a vision to give him her O.K. This passion opera by Friedrich Mehler and Josef Lundahl has been performed every summer since 1929, and has featured a number of promising young singers who went on to distinguished careers.

Gotland with its sunny climate and medieval atmosphere is the favorite vacationing place for Swedes. The town of Visby with its untouched encircling 13th-century wall, its open harbor, and its charming narrow lanes, recalls a mysterious past that goes back to 5000 B.C. when the island was first inhabited. In the excellent Gotland Historical Museum are relics of the different civilizations this island has experienced. (It's located only 93 miles from Russia.) For instance, in the museum, there is a huge neck ornament that could only have been worn by a god or a giant. And in the countryside you can still find *skeppssattning*, or stones laid out in the shape of a boat around a grave, which go back to

Continued on page 74

AMERICA TAKES TO THE HORIZON.

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Summer night in Sweden
continued from page 72

900 B.C. Later, about 1100 A.D., Gotland was Christianized by the Vikings from Norway. And it was not until 1645 that Gotland came permanently under Swedish control. It has a well-organized tourist bureau which somehow manages to find accommodations for visitors, but if you can't get a private bath in July or August, you should be prepared to smile and bear it.

HOW TO GET THERE

SAS flies to Stockholm from N.Y., Seattle, Chicago, Los Angeles, and Anchorage. Airfares vary considerably, depending on how far in advance you book, but Apex (45 days advance booking—stay at least 14 and not more than 45 days) is one of the lowest. Sample fares: round-trip Apex from N.Y., $525; from Seattle, $635. SAS also offers several tours to Scandinavia that include a visit to Stockholm (see the travel booklets at right). ■

Fun in the Midwest
continued from page 70

suburb. From July 22-30, Oak Park will be organizing tours and lectures on Wright's own house plus others he built nearby while he was developing his "prairie style." A panel of Hemingway's boyhood friends and teachers will discuss Hemingway's life in Oak Park, and afterward you can visit the house he lived in until he was 17, which is now open to the public for the first time. Tours are not available year-round, since most of the houses are private homes, so if you want to see Oak Park from the inside, go the last week in July. Write the Oak Park Festival, 655 Lake Street, Oak Park, Ill. 60301 or call (312) 524-2050 for reservations and schedule. ■

Hotel guides to send for

Going some place and need the name of the best hotels in town? The directories put out by quality hotel associations are one answer to your need. These guides are usually best known to travel agents, and provide pictures of hotels that belong to the association, give room prices, describe hotel dining, tell you if there's parking for your car, a swimming pool, telex, the total number of rooms in the hotel—all the details you need to make your own choice. Hotel Representatives Inc., is one of these associations that has hotels like the Ritz in Paris, the Grande Bretagne in Athens, the New Stanley in Nairobi, the Mayfair House in New York. By calling (800) 223-6800—New York State and Canada residents call collect (212) 838-3110—you can book a room at any of the HRI Hotels in any country where they exist.

A smaller, though very famous, association of small country hotels is France's Relais and Châteaux group. Until recently, two competing associations, each made up of small hotels that prided themselves on personal service and an atmosphere like a beautifully run country house, the Relais de Campagne and the Châteaux Hotels joined in 1974 and have put out a new guide that rates all their hotels by category (from modest to deluxe) to help you make up your mind. With this guide, it's almost impossible to get stuck on a driving tour of France without an excellent hotel every single night. The Relais wants you to call or write directly to its hotels for reservations. Both hotel guides are available by filling out the travel booklet coupon below.

BOOKLETS
TO HELP YOU PLAN A TRIP

To plan better vacations, here are some booklets that give you information about where to go and how to get there. Just fill out the coupon below and return it.

1. 52 Museums—all in Stockholm. Complete list—from the Tobacco Museum to the Royal Palace—including entrance fees and hours.

2. Scandinavia: Travel Facts 1978 provides information on Finland, Norway, Iceland, Sweden, and Denmark. Tips on climate, currency, customs, where to see the midnight sun, plus tours and cruises.

3. Holidays in Norway: pictures from all over the country, information on how to get there by rail, sea, and air, plus a complete map of Norway.

4. Finnair's **Off-Season Europe** is a 15-page booklet in color that describes six tours to Finland, USSR, eastern and northern Europe. Take a reindeer safari in Finland or visit seven European capitals.

5. Wonderful Copenhagen $498. Six nights in Denmark's capital, including airfare, hotel, sightseeing tour, and more.

6. SAS's **Colorful Scandinavia** has 16 tours, including a day visit from Stockholm to historic Visby, a village on the island of Gotland.

7. HRI's 1978 Directory of the **Leading Hotels of the World** has listings of hotels in a range that includes Topnotch in Stowe, Vermont and the Mandarin in Hong Kong. All you need to know for over 100 deluxe hotels in 23 countries.

8. Relais et Châteaux 1978 is a trilingual guide of French country hotels plus others in Europe, Great Britain, Jamaica, Haiti, and the U.S. There are color pictures of each hotel and its setting. Included: names of proprietors, addresses, phone numbers, room prices, services.

9. The **U.S.A. Railpass** is good for 14, 21, or 30 days and entitles you to travel on all Amtrak routes and Southern Railways with as many stopovers as you like.

10. Amtrak services every major city in the country, and offers family rates and special tours. For complete timetables, sample fares, information on baggage, and more, consult its **National Timetable.**

11. Live royally on a specially planned vacation in an Irish castle; or relax in an Irish cottage. Aer Lingus's **Ireland and Great Britain: Vacations 1978** tells more.

12. There are a number of reasons why people are **Retiring to Ireland.** Learn more about taxation, buying property, health services, and useful addresses.

13. American Express 1978 Europe Tour Digest has 84 tours this year. Spend $449 for 9 days on your own in Spain or visit 7 countries in 22 days with a guide.

14. Information: Vienna provides all that's needed to get to know this city: facts on historic buildings, theatres, museums, churches, parks, and fountains, and an introduction to the history of Vienna. Also: sightseeing tours.

15. Buy a Eurailpass for $270 and get one month of limitless first-class train travel throughout Europe. If you're under 26 you can get a Eurail Youthpass for $250, which allows two months of second-class travel. Further details, plus a map of railways in Europe, are included in **Eurailpass Eurail Youthpass.**

16. For 23 days, experience the "Sights and Sounds of South Africa and Kenya." Stay in Durban, Cape Town, Zululand, and more. Thirteen other tours of southern Africa given in South African Airways's **Africa 1978: Tour Sales Guide.**

Circle the number of each booklet you want. Add 50¢ for postage and handling. Do not send stamps. Allow up to 4 weeks for delivery. Mail to: HOUSE & GARDEN, Dept. 7A, Box 3579, Grand Central Station, New York, N.Y. 10017.

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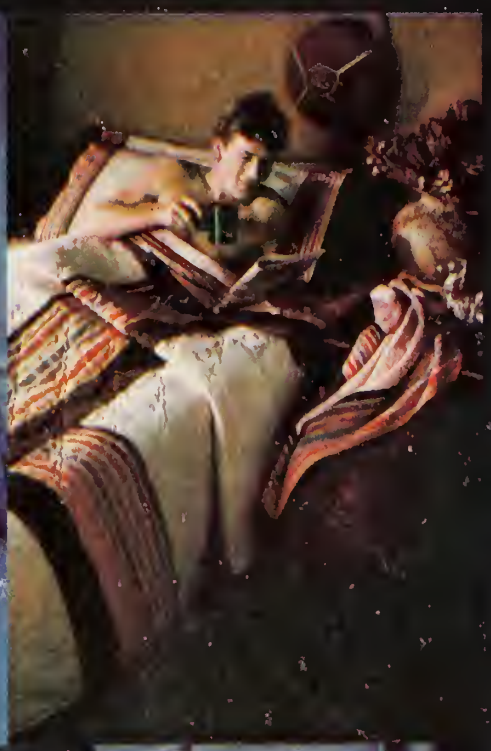
The Many Moods of Royal Family.



Mood. It's a whim of the moment or a strong conviction. It embraces a sense of style, a love of beauty. Royal Family has it in a wide array of bed and bath ensembles that run the gamut from geometrics to gentle flowers, from traditional to contemporary patterns.

Mood. It's a certain feeling for luxury, for quality. Royal Family has it with soft plush towels in a virtual rainbow of colors. Royal Family also offers extra luxury in exclusive new Comfortcale,™ the very cotton sheet, available in selected patterns.

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House & Garden, July, 1978

Health-power at home

Being healthy means more than being well-fed, well-exercised, bright-eyed, fit. It's a state of mind—upbeat, enthusiastic, brimming with self-confidence. You can tell when people are at the peak of condition—they radiate well-being. And if you ask them why, you might get some surprising answers. Starting here, an issue full of surprising answers we've found, plus ideas to give you, your family, and your house a whole new experience of the power of health.

Discover the energy tub

Take a look at the bath that's a pool, the pool that's a bath. It's the new hot tub, soak tub, or swirl pool—the small-space, small budget, energy-saving answer to a pool, indoors or out. You might have yours in a bedroom-exercise room like the one on page 85, so you can rev up with tub exercises in the morning, and at night, just sink in and relax.

Decorating for health

It's no secret that a room you like to look at makes you feel lively, feel good. So why not fill your rooms with sure-fire energizers for you? It might be color—delicious reds and pinks, or refreshing blue and white. It might be plants —a cascade of greenery at the window, or a group of miniature roses under a lamp. Or combine color and flowers in wonderful fabrics, as Mme. Porthault does in her own house in France (page 100), because, as she says, surrounding yourself with beautiful things can't help but make you feel beautiful.

I'll bring dessert

Next time dessert's on you, arrive with a portable frozen dessert maker like Waring's Ice Cream Parlor, plus all the fixings for a healthful sugar-free fruit ice. At home, purée 3 pints of fresh strawberries (the riper the better) with a cup of orange juice and 4 tablespoons of honey, and pack in the dessert maker. After dinner, surround with ice cubes and table salt according to machine directions, and watch as a half-gallon of dessert appears beneath the see-through plastic top. Recipe, Fran Sherwood, Waring's "Super Chef."

Take a deep breath

Athletes have been practicing controlled breathing for years—it reduces the pulse rate, strengthens the heart, exercises respiratory muscles, even increases self-confidence. Begin by sitting cross-legged, shoulders relaxed. Inhale slowly through your nose, starting from your abdomen. Feel the diaphragm contract as your lungs begin to fill; let your chest expand, ribs rise. Exhale slowly through your mouth, doing everything in reverse order. Practice for a few minutes every day, exaggerating the motions until the ins and outs of proper breathing are second nature.

High vitali-tea

Brew up some rose hip tea, add an equal part of natural unsweetened apple juice and a dash of cinnamon for a 58-calorie pepper-upper, hot or iced. More teas from Deborah Mazzanti, page 26.

Kite-flying in H_2O

Water gives you resistance, so your leg muscles get a good workout. Water-kiting is also good for stretching, firming, improving flexibility. Exercises from The Golden Door, page 26.

Does your exercise work?

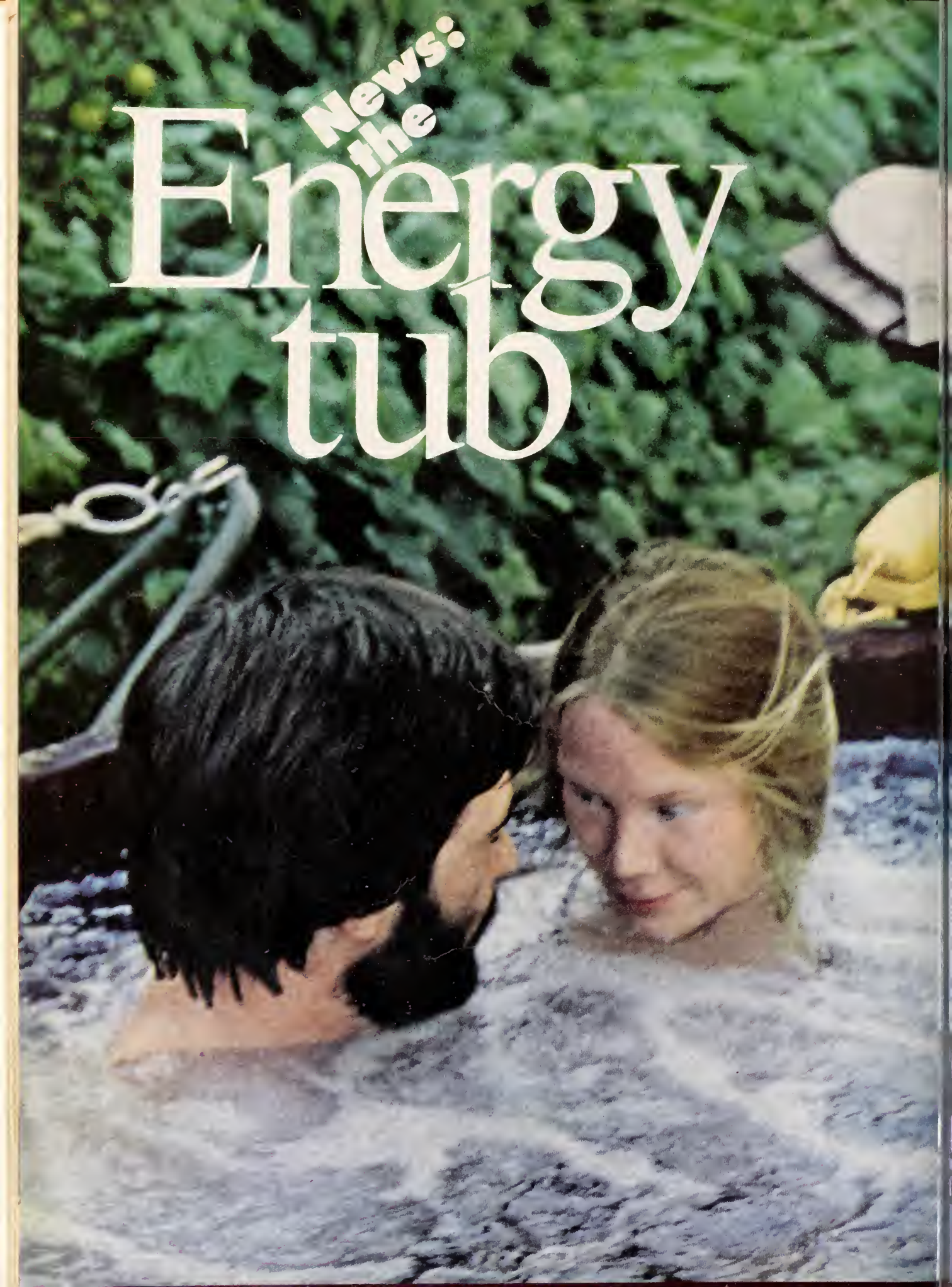
We all have different metabolic rates, stress and endurance limits, oxygen intakes, fat distributions, hormone levels. An exercise physiologist (your physician can recommend one) tests all yours, then designs an exercise program exclusively for you, so you can be sure the exercise you do will do some good.

Stride right

Olympic gold-metal marathon man Frank Shorter tells us the key to good exercise is moderation. "I'm prudent and I'm strict about the amount of effort I put into a project, because I want to get the maximum return for it. I try to be constantly observant, constantly in touch with my body and my thoughts, and constantly attentive to what I want to accomplish."

Cooking in healthware

Unglazed clay cookware keeps in nutrients and natural flavor, and eliminates the need for added fats. Try roasting a chicken in a clay Tandoor cooker (Amnion makes one) with a tight-fitting lid to which is attached a skewer and platform that keeps the bird out of its renderings, hence lower in calories.


News:
the
Energy
tub

Health power at home

It's a new maxi-tub or mini-pool that can invigorate or relax you. It's a terrific way to exercise, and a friendly, fun place to be. It's a hot tub, soak tub, or swirl pool—and it's giving us a new way of water, a new way of health at home

Tub for two: Actress Sissy Spacek (*Carrie, Three Women*) and her art-director husband Jack Fisk warm up in their redwood tub on the deck before supper outdoor *Below*, the Fisks and Heidi, who thinks the water's just fine.

Sissy Spacek: "You charge up in a warm morning tub, relax at night in a hot whirling one, and step into the cool air totally refreshed"

KAREN RADKAI

On a hillside: David and Christine Hamm and Mark Fernquest like to sprint from the Hamms' 110° Pacific Hotbath tub into a cold shower in the latticed pavilion. For in-tub refreshment, there's a built-in push-button cold water spray jet. Afterwards, everyone sits on the hexagonal step-ledge to dry off in the sun.

In a greenhouse: Painter-photographer Nancy Ellison floats in her free-form slate-rimmed cement hot pool, set at 102°. Maj Hagman designed the pool with custom sitting niches for Nancy and her husband, producer Jerry Hellman *(Coming Home)*, who like to soak and chat in the evening by candlelight.

ELYSE

The energy tub — revitalizes you after sports, gives you a fresh

At work: Producer Tony Bill (*The Sting* and upcoming *The Ransom of Red Chief*) takes a break in his private hot tub at his office. Designer Casey Szukalski installed specially aimed Jacuzzi jets in the tiled tub and put it in a setting of cedar planks and exposed brick walls. Shower and sauna are a step away.

By the pool: Cheryl Ladd, one of "Charlie's Angels," tops off a nightly cold plunge in the swimming pool with 15 minutes in her brick and tile hot pool. Water temperature is kept at 115° (hottest of all the tubs on these pages) for total relaxation. "The colder it is outside, the better I like it," she says.

KAREN RADKAI

erspective after work, a quick pick-me-up anytime at all

Water power

Why energy tubs are the new wave of health across America

By Caroline Seebohm

Suddenly everyone is discovering the energy tub—a form of bathing that takes bathtubs and swimming pools into the 21st century.

Until now, we've washed ourselves in the bathtub and swum in the swimming pool. And yet the best part has gone largely unrecognized—the wonderful feeling produced simply by soaking in refreshing, relaxing, invigorating water.

Doctors have always known about the health aspects of water. Millions of water treatments are administered yearly. The three elements that make water such a boon to the human body are *heat*—which increases blood flow and also has analgesic and sedative effects; *buoyancy*—which makes it easy for people to exercise in water because of the static lift force created by the displaced volume of water; and *massage*—moving water to manipulate muscles and joints. Hospitals and spas have practiced these forms of therapy for years. And you can apply them at home in an energy tub that takes up a small space, is easy to install, and economical to run.

Redwood tubs, fiberglass tubs, tile tubs, Jacuzzi whirlpool tubs, tubs on the lawn, on the deck, in the basement, on the roof, in the living room—people are finding all sorts of ways to bring the water home. Actor Sam Chew Jr., for instance, has a blue tile pool set into his wooden deck; Filmex film festival president Wendy Goldberg *(Continued on page 140)*

On the deck: When Filmex president Wendy Goldberg exercises in her outdoor mini-pool, the only thing between her and the beach are tall glass shields that break the wind. The 5-by-10-foot tiled pool is built into a deck outside the living room. Wendy and her husband, producer Leonard Goldberg, keep the water at 70°, turn it up to 105° at soak time.

KAREN PADKAI

The energy tub—makes exercise more fun, more efficient, and water in motion gives you an invigorating massage

On a terrace: Eleven-year-old Bizzy Griffiths catches her breath after dunking for pennies in the 102° family hot tub. Her parents, Ann and John, like to soak with friends—there's room for eight—after a game of paddle tennis on the backyard court, and her sister Susan unwinds in the 9-foot tub after work.

In a garden: Film producer Bill Aldrich *(Someone is Killing the Great Chefs of Europe* will be out this fall) and his wife Susan enjoy "an incredible sleeping potion" every night—a 15-minute dip in their tile-rimmed tub, set in brick, edged with flowers. An air hose in the tub shoots sparkling bubbles through the water.

ELYSE I

The energy tub — a swimming pool for the children, a playroom

ıe deck: When actor Sam Chew, Jr. entertains, the center of ction is his blue-tiled whirl pool with a view of Beverly Hills. a great way to start conversations," says Chew, talking with Deanna Cushing. Water temperature is kept at a 90°-95°. Chew stars this fall in NBC's *Coast to Coast*.

In a bedroom: Adrienne Horwich frolics with her daughter Cece in their charcoal-tiled tub after a workout in the adjoining exercise room. Before bed, Mrs. Horwich relaxes in the tub with her husband, Elliott, and they often entertain guests in the 100° water. Lhasa apso Willy Woo prefers dry land. Shopping, page 143

KAREN RADKAI

grownups, a sociable, relaxed, friendly place for everyone

Energy dynamics

Exciting breakthroughs in science are bringing us closer to the source of our own mind-power

By Beverly Russell

All living forms are complex aggregates of energy systems, receiving, interacting, and transmitting energy. In human terms, you know how you feel someone else's vibration, positive or negative, up or down. Psychologists have noted that when they listen to a patient's problem, often the person walks away whistling and it takes a strong doctor to resist the negative energy left around in the office afterwards. Scientists are currently trying to understand more about the invisible, multifrequency channels of energy that surround our physical bodies. They believe that clues will come when we can better experience the *intuitive* mode of thinking. It's no secret that our brains are divided into two halves, each with a different function. The left side is predominantly involved with analytic, linear thinking. The right side is involved in more holistic, spiritual thinking. Physicist Robert Oppenheimer describes the two ways of thinking as "the way of time and history and the way of eternity and timelessness." In certain situations, we employ both modes of thinking to get the result we want. To give a simple example, the *design* of a house is a function of right side creativity. The construction and building requires left side logic. Psychologist Robert Ornstein stresses that in our Western society emphasis is placed on analytical thinking. We insist on working everything out logically to such an extent that many basic questions in life have been ignored. How *do* yogis stop their heartbeats, for example? What's at the bottom of ESP? What triggers our senses?

To try to answer some of these questions, scientists have developed a method of radiation photography (Kirlian photography named after its Russian inventors), which has been able to pick up invisible vibrations around people and plants. The camera has even recorded different colored "auras" according to mood and emotion. Not only that, but energy frequency varies according to mood. Fear, anxiety, anger, or rage are identified as low-frequency energies. Wisdom, good will, optimism, creativity, and love are among high-frequency energies. In all, there are thought to be 49 frequency bands of energy. And the higher frequency you surround yourself with the better you will feel. (This is why, for example, doctors now believe in getting patients out of bed as soon as possible. Contact with events and people helps them shake off low-frequency energy and move into higher-frequency orbits.)

In *Maps of Consciousness* (Macmillan), psychologist Ralph Metzner introduced the idea that what psychiatry calls a "complex" is an undigested emotional experience that clogs up the energy frequency bands, creating a barrier to higher levels of energy. In psychiatry, efforts are made to remove these blocks through talking. Another method of dispersing negative energy is visualization. A doctor asks you to "see" yourself in the desired situation and produce more and more pictures of how you would like to be. According to biologist René Dubos: "Believe and it will come about." By

Continued on page 164

Rest means recharge—here in an airy roomful of plants and flower-scattered sheets. Bedroom designed by Philip Haight. "Vanessa" sheets by Geoffrey Beene for Fieldcrest. Shopping, page 143.

WILLIAM P. STEELE

BARRY MCKINLEY

Creative rest—tapping into energy fields to raise your spirits, refresh your mind

Brain food

Amazing discoveries about brain nutrition from researchers who have found links between what you eat and how you think

By Dr. Mary Catherine Tyson

Everything you eat affects your brain and its capacity to think, feel, remember, and help you function properly in daily activity. In biological terms, the brain presents one of the highest levels of organismic organizations. It contains 100 billion cells. Each nerve cell receives an average of 100,000 connections from other brain cells. An astronomical number of elements keep it operating in a way that guarantees our sense of identity, awareness of life, and recognition of the world. This remarkable mechanism is fed and nourished by three substances —glucose, vitamins, and proteins.

GLUCOSE FOR BRAIN FUEL: Regular balanced meals are particularly necessary to keep an even supply of glucose flowing to the brain, as this is its chief fuel. The normal digestive process converts all carbohydrates (sugars and starches), and 35 percent of all protein food into glucose. When meals are skipped, blood sugar goes down and there is a direct reaction in the brain. Feelings of uneasiness, with weakness and mild nausea are commonly experienced. Such symptoms are quickly reversed by drinking fruit juice, because its glucose content is absorbed most readily into the bloodstream. In severe cases, when the brain doesn't get enough glucose, anxiety and even blackouts occur. (This happens with very acute hypoglycemia when the individual has a low blood sugar condition aggravated by sugar. Then the pancreas over-produces insulin, pulling the blood sugar down.)

VITAMINS ARE VITAL: Aside from glucose, the brain relies on vitamins for healthy growth and development. The word vitamin was coined in 1912 by Casimir Funk, a Polish biochemist who did important research work in France, England, and America through the 1920s. In that period, many vitamins were isolated and their properties understood. A vitamin by medical definition is anything that is necessary for the growth and function of the body. Many have been found essential to the brain. Vitamin A, for example, is vital in childhood. It helps the bone growth of the skull and allows the developing brain to expand. Vitamin C is needed throughout life. It assists in the metabolism of all cells including the brain. The B complex vitamins nourish brain tissue. They include thiamine (B1), riboflavin (B2), niacin or nicotinic acid (B3), pantothenic acid, biotin, folic acid, pyridoxine (B6) and vitamin B12. The so-called vitamin B15—currently under investigation by the F.D.A.—does not belong in the B-complex list because it is not a substance necessary for the growth and development of the body. This medication produced from an apricot pit is made by the same company that manufactures Laetrile. (Laetrile was originally called Vitamin B17 until the F.D.A. imposed a ban on this description.)

Of course, we all know that serious conditions occur from severe lack of vitamins, but what is generally not as commonly understood is that the first sign of deficiency may be fatigue and listless-

Continued on page 142

Healthful, delicious soup that's easy to make and beautiful to see: clear, subtle broth (made with dried bonita flakes and seaweed) garnished simply with a strip of scallion, a mushroom slice, a radish flower, and tiny enok mushrooms. This and other recipes from Chieko Kobashi, page 123.

The art of healthy eating—

food for thought, beauty, and pleasure

PENN

The pleasure of being strong

Doctors and athletes tell how you can expand your physical limits and be truly strong from the inside out

By Paula Rice Jackson

Take it from the pros. The pleasure of feeling strong is one of the great experiences of life. Body-building champion Arnold Schwarzenegger, *right*, has his own special way of expressing it. "There is no limit to what the human body can achieve. I've decided that it's all very much a matter of 'want power,' " he says. "Mine's built in. I've never accepted any boundaries or limitations—don't believe in them." It seems that science is bearing out his assertion. "What we're finding out right now and everyday," says Dr. Fritz Hagerman, a member of the United States Olympic Committee's Sports research staff and Professor of Zoology and Microbiology at the Ohio University Medical School, "is that there's no such thing as 'ultimate' when it concerns the human body. Records are being set on the track and in pools in winning times that were considered impossible even ten years ago. Records are being broken so often that we can even plot the pattern of broken records themselves."

Three important factors contribute to our knowledge of the body's capabilities: physiology—the body's chemistry; biomechanics—the body's engineering; nutrition—the body's fuel. Mr. Schwarzenegger would suggest a fourth—the power of mind: "Physical follows mental. To win, to achieve, to change, you must expand the mental scope of your vision. The body will follow through. It happens every time I close my eyes before I lift a heavy weight. I imagine it. I do it."

Runners and joggers speak of the presence of mind they experience during their daily runs. Dr. George Sheehan, a cardiologist from New Jersey and one of the great spokesmen for the runner's life (his book *Running and Being* was published this spring by Simon and Schuster) says, "It's all a matter of raising your goals. Building endurance is a process of subjecting the body to stress, then allowing for a period of recovery, stressing it again, and allowing it to recover. This is the way to learn what your body's capacity is and its potential for expansion."

Part of the pleasure of feeling strong is a result of the chemical changes produced by exercise. "One such change," says Dr. Irving Dardik, Chairman of The United States Olympic Committee's Sports Medicine Department, "is the effect of exercise on the body's production of insulin, since insulin is a crucial factor in the body's metabolizing of blood sugar. We think exercise decreases production of insulin, which means steadier blood sugar levels for longer-lasting energy, and possibly decreased appetite."

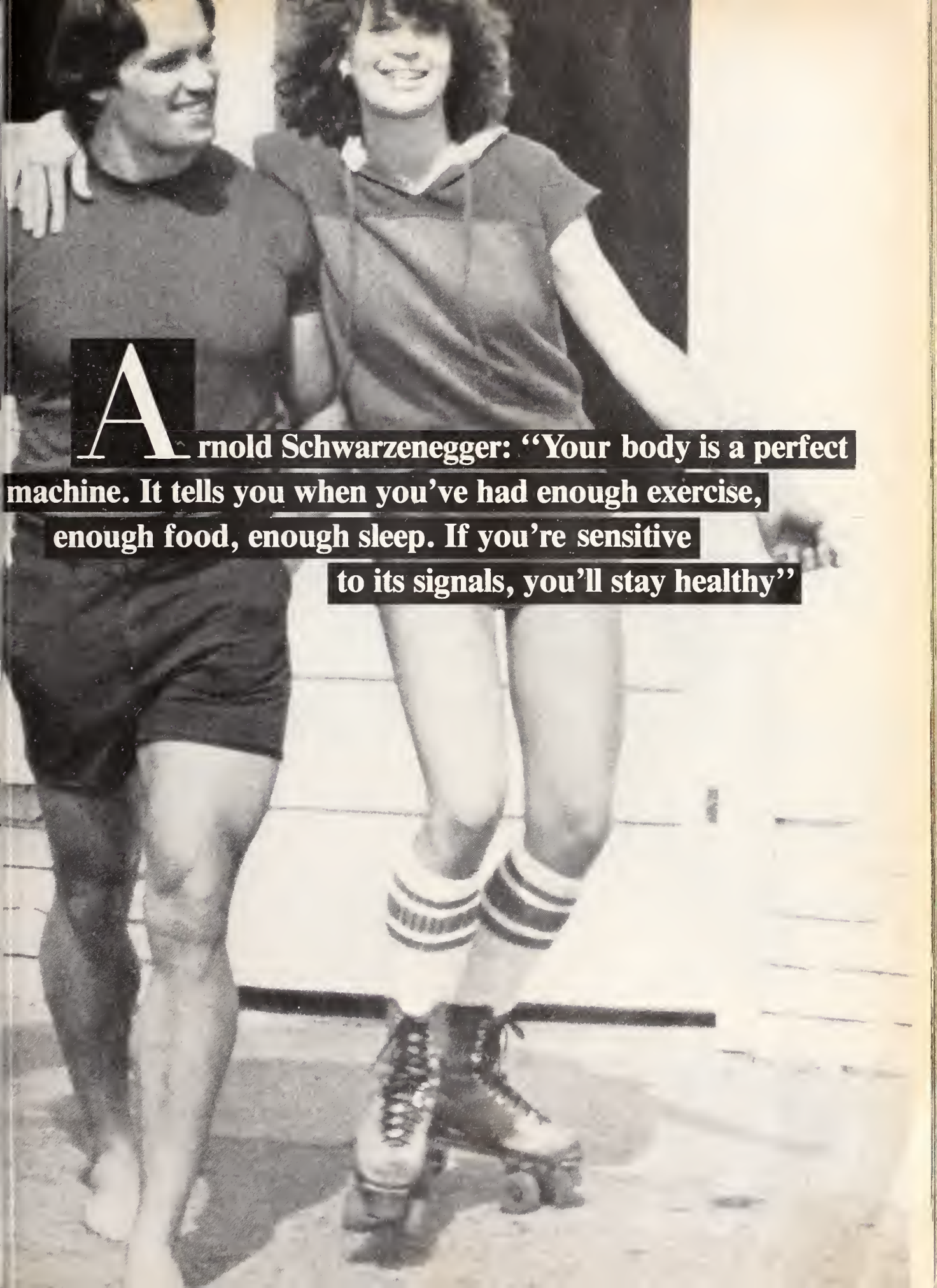
Another aspect of exercise has to do with lowering cholesterol levels. Gary Newpert, an exercise physiologist at New York's Cardiometrics Institute, a professional stress-testing center where many cardiac patients are sent to rebuild their stamina, says that tests monitoring blood samples have shown lowered triglycerides (fatty-acid esters), and increased high-density lipoproteins (proteins which contain quickly burning fats), for patients who have started regular exercise programs. He points out that overweight can in many cases be eliminated by concentrating on calorie combustion, a polite way of saying that if you *do* more you can sometimes get away with eating more.

Dr. Dardik points out the important distinction between "looking strong and being strong." Taking care of your cardio-vascular system, he feels, is the internal way of being

Continued on page 142

Arnold Schwarzenegger, Mr. Universe seven times and star of *Pumping Iron*, on the boardwalk after lunch at Robert's, *the* restaurant in Venice, California, where skaters and sunlovers gather for fresh, healthful food.

KAREN RADKAI



Arnold Schwarzenegger: "Your body is a perfect machine. It tells you when you've had enough exercise, enough food, enough sleep. If you're sensitive to its signals, you'll stay healthy"

How to make your environment reflect your life

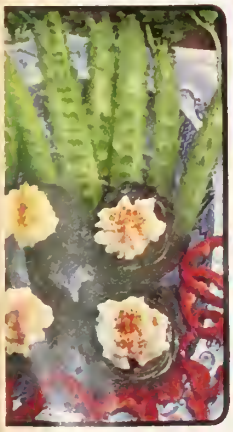
A house of flowers

Exuberant color, fresh fragrance in a garden atmosphere that makes you feel alive

"I thrive on flowers," says Brooke Pattengill, who not only lives with them, but paints them, too (she's already had five one-woman shows at The Staircase in Beverly Hills). "They are my greatest inspiration and my only addiction—just having them around makes me feel wonderful and full of energy." In fact, the main reason she bought this Beverly Hills house last year was because of its flower garden. "I wasn't even thinking of moving, but when I saw this garden, it was love at first sight—and who can resist that?" In the living room, a wall of sliding glass doors opens right onto the garden, "so I can partake of it even when I'm indoors." Ms. Pattengill grows most of her own flowers, but adds to the harvest with wild flowers she gathers during her daily walks in the hills behind her house; and whenever she visits the Los Angeles plant market, she brings home some special love—an orchid, or maybe a lily. She fixes her own arrangements and always uses them as models for her still lifes. "The only way I can portray positive energy is to feel it myself." And the way she revs up her own energy is by taking very good care of herself. She exercises every morning in her kitchen and eats plenty of fruits and vegetables, plus a handful of vitamins every morning. The routine works: Her patrons say they feel better just by looking at her work—high praise for any artist, but especially one who believes that a contented heart is the greatest beautifier.

ELYSE LEWIN

You know when you've arrived at Brooke Pattengill's house, above: *A double row of cineraria, cyclamen, tulips, pansies, and alyssum usher you right up to the old Dutch door. Instead of a welcome mat, a pot of chrysanthemums basks under a knocker that's a sun. "I like to mix flowers, many kinds and colors in a single pot," says Ms. Pattengill,* opposite page, *who almost always dresses in her favorite flower colors. She uses all sorts of pots for her arrangements and even plants flowers right in baskets, like the colorful Mexican ones,* left. *Flowers become garnishes for food, too,* right. *Here, a chrysanthemum for strawberry ice-cream roses.*



Cooking is one of Ms. Pattengill's greatest pleasures. She creates most of her own recipes and always takes care to make them look as pretty as they taste delicious. "I think it's important for food to look *appetizing," says the artist in her. For lunch, she fills artichokes,* left, *with dollops of lightly curried egg salad and turns celery into bamboo stalks. One dinner,* above, *begins with pear halves filled with creamed blue cheese studded with white grape jewels. For a tablecloth, one of a collection of old quilts here matched up with hot pink napkins—"my favorite color and a terrific energizer" (she always wears hot pink leotards to exercise,* right and far right, *at her kitchen-sink "barre").*

ELYSE LEWIN

After she finishes her morning exercises in the kitchen, Ms. Pattengill goes to her garden, above, *where she paints until midafternoon. "I have my most creative moments out here early in the morning," she says. The garden is also a place to enjoy with friends, especially in the late afternoon "when the sun is soft, but clear and bright." She found the pink canvas for all the cushions in a marine store. The pink paper parasol is a recent acquisition bought for $3 at a house sale down the road. Indoors, her bedroom,* right, *is her personal domain. Here, she practices the guitar, a new hobby, and surrounds herself with treasures: her grandfather's bentwood chair, a shawl she bought on a special trip to Mexico, another quilt from her collection, and lots of pillows, including five cats—one, the patchwork cat she needlepointed herself.*

Ms. Pattengill, left, *with her paintings.*

TOM YEE

In tune with nature

Daring design and ingenious ideas in an environment that lets you enjoy saving energy

Living your convictions takes more than courage; it takes discipline, too, especially if they have to do with abstractions like wanting a house that's elemental but evocative—"a house with Zen." Simone Swan, a woman who believes strongly in energy conservation, has what her convictions demand, and her house on Long Island is tangible proof. "For me, feeling good means coming to terms with my environment, my body, and my emotions." How to do that? "You have to perceive exactly what you want, what's really right for you. But that's not as easy as it sounds, as I learned with this house." It took three designers and four different plans before she and architect Charles Moore arrived at what she wanted—a house with a feeling of spaciousness, a great big country kitchen, and a bedroom that opens to the east, so she could rise with the sun. Friends have labeled it variously "International Farmhouse," "Kansas Gothic," "Japanese Tudor," and "Venus Mantrap." "And it has the kind of peasant qualities—all the white walls and old beams—that everyone identifies with. It's universal in time and space." But, most important, the house is perfectly suited to Ms. Swan. It's energy efficient, letting her shrink it in winter to ⅓ its size, and plans are now underway to install a solar heating system and a hot-water storage tank. "I don't believe I'm solving the world's energy problems—I just derive a personal satisfaction from conserving energy." And she gets the same pleasure from regulating her own energy. She's a devout vegetarian, who eats beans and soya for protein, and lots of fresh vegetables she grows herself. It's discipline, though, that keeps her fit: "I only feel good *after* I jog." But, she loves yoga for relaxation, and in summer her greatest joy is swimming—which she does three times a day in the sound that washes up to the beach below her house.

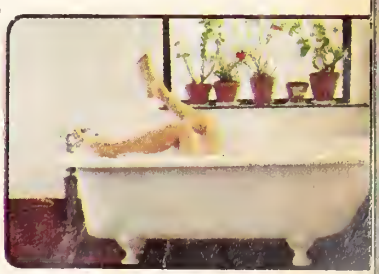
BEADLE

Heating her 28-foot-high living room, above, *is "too costly and too great a waste of energy," says Ms. Swan,* opposite page, right—*so she completely closes it off during the cold-weather months. What she does, a plan contrived by project architect Mark Simon, is dismantle the stacks of foam rubber blocks that make the sofa,* right, *(here, it's covered with handwoven African Kente cloths that also float between ceiling beams); then she stuffs the foam into the openings on either side of the fireplace. One leads into the kitchen, the other up to the master bedroom and work area (you can still get upstairs via the kitchen stairs). The work area,* far right, *which overlooks the living room, can be sealed off by closing its door to the master bedroom—it's the door off a barn Ms. Swan bought for beams and exterior walls. Above Ms. Swan, one of three skylights—there's another over the living room stairwell and one in her bed-bathroom. Guest rooms are separated from the main house—you can see them on the left of the main house,* opposite page, top left.

READL

When the living room is sealed off, the living-dining-kitchen area, above and below, right, *becomes the true heart of the house—but, in spirit at least, it remains so all year long. Partly because it's such a friendly room, with handmade Greek pottery and hand-blown Egyptian glasses in full view on open shelves ("I like to use handmade things whenever they're available," says Ms. Swan). And partly because, no matter what the time of year, everyone does a lot of cooking and eating here, and "we all wash the dishes together," she says. "The house might look austere from the outside,* [left], *but inside it's a very warm fun place to be, a house for people." Behind the banquette, covered in horse blankets woven by New Mexican Indians, is a mound of comfortable floor cushions and another fireplace.*

Ms. Swan's bedroom, above, *is a private apartment. It and her work area take up the whole second floor, and since it's in the back of the house, it's always quiet. Furniture is spare and what color there is nearly disappears into the woodwork. "I love peaceful rooms where you—not objects—provide your own stimulus," says Ms. Swan. The platform bed has built-in storage underneath. More storage is in closets,* left and far left, *with African cotton prints for doors. The skylight has mirrored reveals to reflect the view and the window below it has a roll-up shade for privacy. The folding chair on the kilim rug washed up on the beach one day. And that's Ms. Swan,* right, *kicking up her heels.*



Gardens for living

Delights of pattern, color, and texture in rooms that can't help but make you feel beautiful

Feeling beautiful, like feeling happy, is a state of mind that can change as fast as the things around you. "But if you surround yourself with beautiful things, you can feel beautiful all the time," says Madeleine Porthault, who, for more than 50 years, has created luxurious bedclothes and table linens that cannot help but make her clients feel beautiful (and let anyone who doubts the pleasure of awakening in a Porthault bed just try it once). It all started in 1926 when Daniel Porthault began making exquisitely hand-embroidered white sheets. Then he married and his wife convinced him to branch into color—and, later, by request of Wallis Simpson for Edward VIII of England, into patterns. (His Majesty's were printed on pure silk.) Through the years, the Porthault standard of excellence has never wavered, thanks to Mme. Porthault's firm guiding hand, rewarded this spring with the French Government's Prix d'Excellence. Today, the Porthault line, which includes bath towels and robes, hand-painted baskets, children's clothes, even china and crystal, is still handmade. The sheets are available in 650 styles in 4 different color combinations (that's right, 2,600 designs) in linen, cotton, or an easy-care mix of cotton and polyester. Mme. Porthault credits her success—professional and personal—to "discipline"; one might add "an obvious zest for life." At 75, she is healthy and fit. Three times a week she does calisthenics; twice she walks 3 miles. On weekends she relaxes with her children and grandchildren at their country house. There, relaxation means a 6-mile hike and a swim, usually alone, "because the pool is too cold for my family."

DAVID MASSEY

Mme. Porthault, opposite page right, *watches her diet very carefully, eating only two meals a day, lots of fresh fruits and vegetables and, when hunting days are bountiful, fresh quail or pheasant. All her tables wear Porthault linens, which change with every meal. For a formal indoor luncheon,* above, *garlands of Beauvais-embroidered lemons circle the table and look almost as real as the fresh lemons and lemon leaves scattered in porcelain vases and eggcups. Sometimes Mme. Porthault gets a little help from her grandchildren, Diane and younger sister Edwige,* left and opposite page top, *who wear Porthault sundresses of the same cotton print as the place mats. Summer breakfasts are in the rose garden,* right, *on a bed of clover on table and china.*

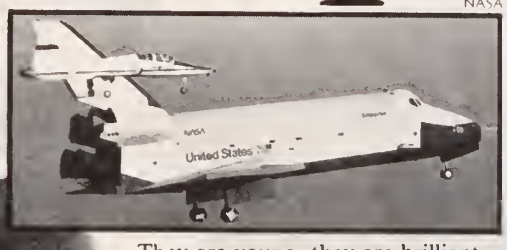
DAVID MASSEY

Throughout his life, Monsieur Porthault collected antique French armoires—and his wife put each one to imaginative use. All the doors in their country house are covered, front and back, with armoire doors, and every room has at least one working armoire. Mme. Porthault turned the 1833 armoire (it belonged to her grandmother) in her own bedroom, above, *into a linen closet and lined it with the same blue carnation pattern used lavishly in the rest of the room (Mme. Porthault confesses that this is one of her favorite prints). For her bathroom,* left, *she chose a pink wash of flowers and used it in the Porthault tradition she made famous: Everything matches—down to the hangers and tissue box. The painting of flowers was done by a friend.*

Mme. Porthault's bedroom, above, *hasn't changed in 20 years—it hasn't had to: The blue carnations look as fresh as if she picked them this morning. Quilted, they're used to cover the Louis XV-style headboard, the box spring, and the valance that continues around the room like a cornice molding. They also slipcover the armless chair and curtain the window (under-curtains are white linen, ruffled and trimmed with blue percale). For the bed and breakfast tray, Mme. Porthault uses different patterns—so similar in color and feeling you hardly notice the change. The matching china on the breakfast tray was introduced 5 years ago and is also available in the clover pattern,* left, *and the blue spray pattern,* right. *You can find beauties by Porthault in New York, San Francisco, Beverly Hills, Dallas, and Chicago. Shopping information, page 143.*

Shaping up for

NASA



They are young, they are brilliant, they are healthy, and out of 8,079 applicants, they are the first six women to be chosen by the National Aeronautics and Space Administration as astronauts. Dr. Robert A. Frosch, NASA administrator, in announcing the 35 chosen candidates, said, "We have selected an outstanding group of women and men, who represent the most competent, talented, and experienced people available to us today."

All the women will be Mission Specialists (as opposed to Pilots). Their job involves working on the first space shuttles, or, in NASA's more grandiloquent language, Space Transportation System. The shuttles, due to start operating in 1979, will be carrying "payloads" of scientific equipment for experiments in space. They will place satellites in space, to help learn more about the weather, land masses, water resources, pollution, and, of course, communications. Anyone can apply for an experiment to be conducted by the astronauts on the shuttles, and many individuals, organizations, commercial and industrial corporations, and institutions have already done so. In fact, NASA reports that its first flights are almost completely booked. Writer-director Stephen Spielberg, for instance, who made *Close Encounters of the Third Kind,* has signed up for a flight, presumably to gather new ideas for another inspiring space-age film experience. (Mr. Spielberg is keeping mum, except to say the trip was a gift from *Close Encounters's* coproducer, Michael Phillips.)

Up to four crew members will accompany the payloads on their trip into space, and this is where the M sion Specialists come in—they be responsible for the operatio the payload systems, which m understanding the type of exp ment, the equipment, and research data involved. They also be expected to walk in spac necessary, either to fix equipmen conduct experiments.

Some of the possible mission which the women will be emplo include experiments to do with origin and future of matter, nature of the universe, the life c of the sun and stars, and the ev tion of solar systems. Such exci prospects demand the highest qu fications. Dr. Carolyn L. Hunt was one of the Mission Speci panelists assigned to pick the ca dates (the only woman on a pan eight). "We looked for the s qualifications in the women as men," she says. "They are goin have to compete together, so t were handled equally. What we v looking for was, first of all, a str academic background. But we looked for people who had ta that background and done so thing with it. We wanted pe who had an interest in broade their horizons. For instance, on our candidates was a chemistry jor and then went to medical sch She had diversified. In other wo we wanted someone technic competent, with an advan degree, and yet could still *learn* things."

Astronaut Dr. Anna Fisher, specialist in emergency medicine, enjoys keeping in shape and taking flying lessons. Top: NASA's space shuttle

PAMELA BARKENTIN

By Caroline Seebohm

space

America's first women astronauts—how they were chosen, plus the health and fitness program that will help them feel at home in the stars

There was no age limit for application (the women range from 26 to 35), and no specific physical requirements, except good health. (NASA cunningly gave applicants no time to get into shape between the time they notified them that they had qualified for an interview and the date of the interview itself.) The candidates endured a rigorous physical examination when they arrived at the Lyndon B. Johnson Space Center in Houston, Texas, for their interviews, including cardiovascular stress tests, electrocardiograms, and electroencephalograms. "They looked at everything," one candidate reports. Seven out of the 19 women finalists failed the physical examination—most, according to Dr. Huntoon, because of visual inadequacy.

One crucial question was, of course, how the women would handle working with men. And yet, this was hardly an issue. All the women had consistently worked with men throughout their academic careers. One of those chosen, a surgeon, even said that it was women she was unsure about working with, never having done so! "We live in a day and age where women have been competing with men throughout their careers," says Dr. Huntoon. "With such highly qualified women, it is inevitable."

Once chosen, the women now undergo a 2-year training program at the Johnson Space Center, before making their first shuttle flight. During that time they will be expected to eat a regular diet, and will also be given tests, such as allergy tests. "It would be unfortunate if it turned out an astronaut was allergic to a motion sickness pill that she took when up in space," Dr. Hun-

Continued on page 168

MARGARET R. SEDDON

Margaret Seddon is 30 years old and single. She holds a physiology degree from the University of California at Berkeley, and an M.D. from the University of Tennessee College of Medicine. She was Resident Physician, Department of Surgery, at the City of Memphis Hospital before taking up her post as Mission Specialist.

Qualifications. "I am a surgeon, with a special interest in 'surgical nutrition'—feeding people by vein. This is a brand new field of medicine and I think this specialization made me interesting to the space program. Also anyone who has an M.D. has a wide scientific background."

Fitness. "I am not particularly athletic, but I play tennis and jog, and have a private pilot's license. I've never had any health problems."

Comments. "I notice that the women chosen are all very successful in their field without being militant women's libbers or overly masculine. We're ladylike—well-mannered if you like. My only worry is that we do not yet know the radiation risks, and as I do not have a family yet, that might be a problem. People say what we are going to do takes courage, but NASA protects us very well."

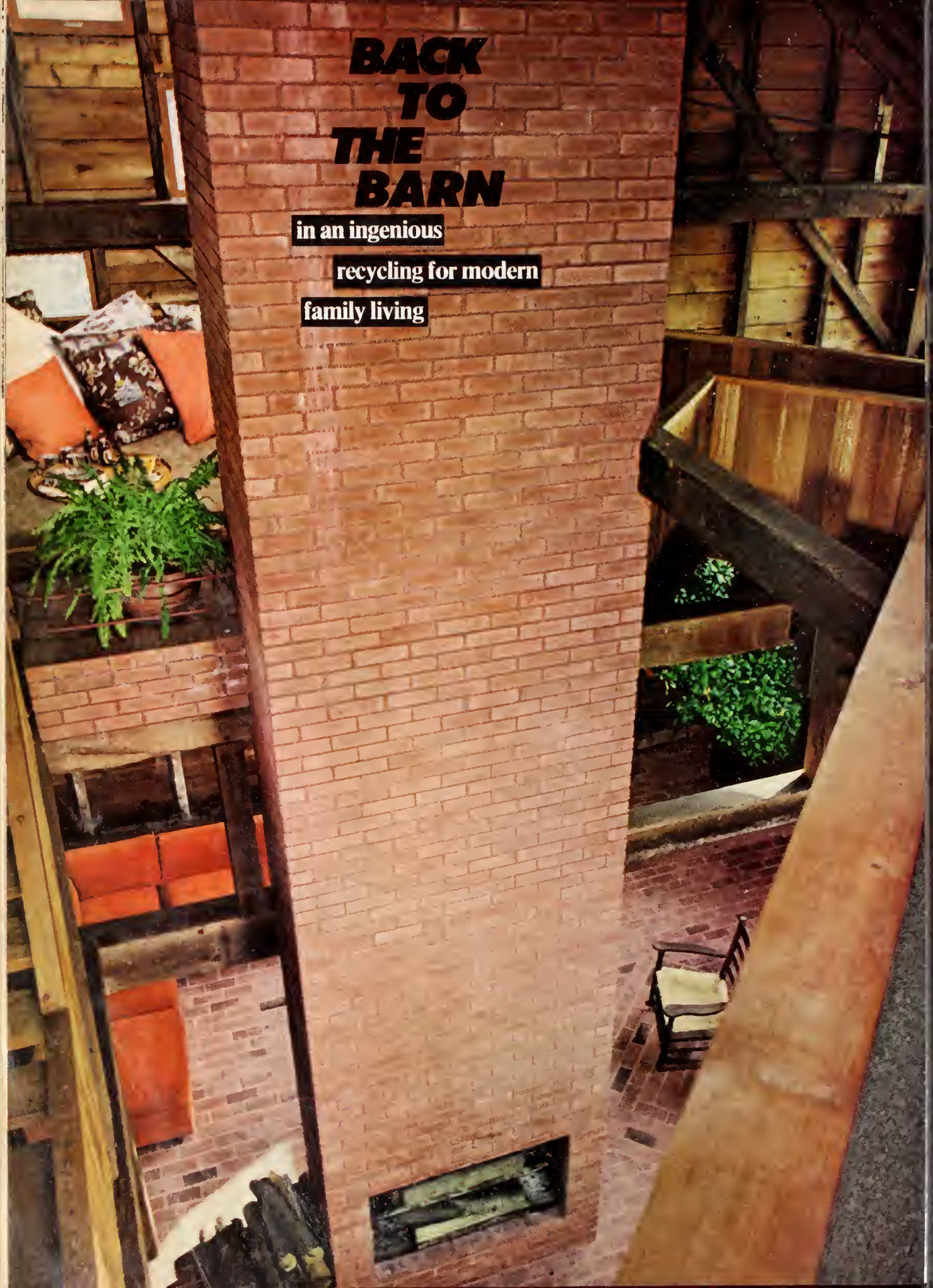
SHANNON W. LUCID

Shannon Lucid is 35 years old. She holds degrees in chemistry and biochemistry from the University of Oklahoma, and was a Postdoctoral Fellow at the Oklahoma Medical Research Foundation in Oklahoma before taking up her post as Mission Specialist. She is married to Michael F. Lucid, also a chemist, and they have three children.

Qualifications. "I have a strong scientific background in chemistry, and am doing advanced research in biochemistry. In addition, I've always been interested in space, ever since grade school, and know something of the work involved."

Fitness. "I keep in good physical shape and my health has always been good. I also have a private pilot's license and enjoy flying."

Comments. "This is really a thrilling thing for me. I was determined to have a go. Of course I discussed it with my husband, and he was willing to move to Texas and find another job. Having children didn't make a difference—they knew I wanted to do it and they are just as excited as I am about having a mother who is an astronaut!"



BACK TO THE BARN

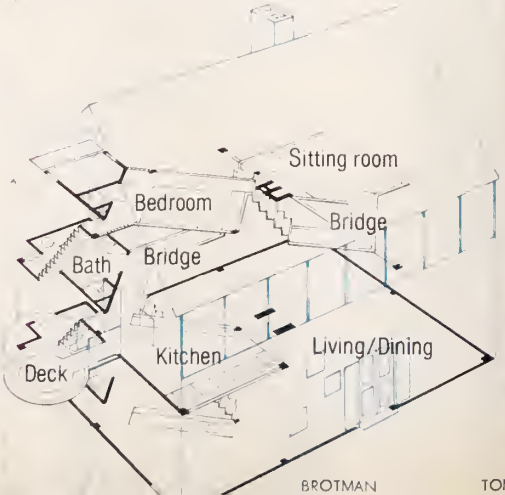
in an ingenious recycling for modern family living

An old barn rejuvenated for the fun of family life. *Opposite page:* The main room, crisscrossed with lofts and bridges, extends like the chimney up to the roof. *Above.* Children fly kites off the added-on sun-deck silo.

BACK TO THE BARN

Here's a reconstructed barn that thrives on pleasure: entertaining, guests for the weekend, casual family suppers, and pranks and games for the kids. Although architect Graham Gund gave the inside of the barn a fresh interpretation—a heart-of-the-house room (living-dining and a loft-kitchen) accessible by sight and sound from each level—he recreated an old-barn exterior. Instead of wrapping a terrace around the façade, which would make it look like a house, he built a silo with vertical boards banded by steel hoops, and placed the sun deck on top. Inside the barn, a progression of lofts, circulated by stairs and bridges, zigzags up through the cool, dark rise of the ceiling (see plan below). The lofts, cut on a diagonal, float free from the walls. Even though each of the three lofts (for sleeping, sitting, kitchen, and bath) drifts off on a private level, their low partitions ensure contact with the rest of the barn. "The lofts descend in scales of graduated intimacy," explains the owner. "The coziness of the bedroom tucked under the eaves contrasts with the airiness of the ground floor." Although much of the interior of the barn is new, wherever possible the 18th-century beam, wall, and roof structures remain.

Top right: In the main room, lighting dramatizes the crisscross of beams, joined together Early-American style with wooden pegs, which race back and forth to support the lofts. For indoor farm rhythms, the pale flow of cedar against the dark march of brick, which occasionally breaks into a diamond formation that repeats the shape of the loft or the void overhead.
Top left: Since furniture is scarce, the double-faced fireplace, workable with off-centered flue, dominates the ground floor space. Shooting its way through the roof, the chimney drops off a fireplace at the sitting-area loft en route.
Bottom left: The kitchen hangs like a balcony over the living-dining area. Light floods through the windows, whose frames are hidden in the structure.
Center left: From the kitchen onto sun-decked silo for play or cocktails and view.
Bottom right: Front of barn, with ribbon of windows under the eaves.



BROTMAN TOM

THE BARN IDEA
in a new house designed
for the outdoor life

A come-easy, go-easy country house, as relaxed as the free-growing nature around it. *Opposite page:* A hammock swings from the terrace under a wood sunbreak. *Above:* Flowering the kitchen sink, lots of cool, green vegetables to freshen a meal on a hot summer day.

MICHAEL

HE BARN IDEA

he friendly open spaces of this barn-like house play into the nature around it. Designed for nfortable country living, the house erywhere suggests rural awareness: barn-shaped structure with its in lines and pitched shingle roof ts a sharp silhouette against the sky; weathered gray cypress foils the ves of grass that splash onto its ck. Inside, the homey appeal of a nple layout: The double-height liv- area opens on both sides to lower oms, each topped with loft-bed- oms nestled under the slant of the of. Wood everywhere—oak for ors, hay-colored cypress for walls, lings, and exposed rafters, which in main room stretch barnlike across sprawling space.

eft center: Scattered with plants and rt objects from the owner's travels—ood carvings from the Solomon slands, Early American decoys—the ving area is muraled with the terrace iew that brings nature through ne glass doors.

op right: A travertine fireplace, illow chairs, and natural cotton lant earthy tones throughout, while ne grouping of Spanish pitchforks ransforms the utilitarian into art.

elow: In the dining kitchen, the slick f laminate and lacquer with the attice-work cypress doors, which slide ack and forth to screen out the sun. Because much time is spent in this oom (the owner's hobby is cooking), he windows are set low to focus the iew when dining (see preceding page).

Bottom left: The house, circled with oses, daffodils, and apple trees.

Bottom right: Parallel to the kitchen, n the other side of the living area, downstairs bedroom where color and exture—aqua 19th-century bed, wool Moroccan rugs, straw hats, and English oak burl—combine with the oney-gold glow of the cypress walls nd ceiling.

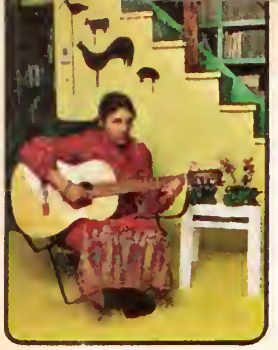
Left top: The terrace side of the house, eathered with meadow greens.

MICHAEL DUNNE

GETTING DOWN TO BASEMENTS

Gardening, sewing, woodworking, music, and other family pursuits—all in an ingeniously worked-out space tha used to be just down-the-cellar.

A winter greenhouse created on old steps with new ideas—just part of Eleanor Weller's lively transformation of her cellar into efficient areas for work and pleasure. To learn how she did it, please



Miniature weather vanes and Marjorie playing her guitar.

GETTING DOWN TO BASEMENTS

With grace, gusto, and a strong sense of order, one energetic woman has performed an underground miracle—turned a lowly cellar and coal bin into three bright, workable rooms that gather together the family's vast interests and many collections. "We needed more storage and more space, and 'down' seemed to be the only way to go," says Mrs. Frank H. Weller of Monkton, Md. "So we decided to raise our basement's standard of living. Now all of us—my husband Frank, Peter, 18, Marjorie, 17, and Potsie, 11—are happy just being there, doing our thing." Her first step was to convert the outside cellar steps into a greenhouse. "That was easy, and we had chives in our omelets all winter." She put plexiglass doors on top to let in the light, and plant lights on the side to help. Pots of flowers, plants, and herbs bloom forth to brighten winter, while brackets screwed into long 1½-by-5's hold the greenery of hanging baskets. "For more space, hang your baskets at different lengths. Sometimes I hang basket from basket." With contractor Ed Nace, who also built a wing onto the house (see House & Garden, April, 1976), Mrs. Weller invented "double agents"—the screen doors at the foot of the greenhouse can be replaced by storm doors for winter. All cabinet doors in the basement are paneled with aluminum radiator grillwork: "It's rust-resistant, gives ventilation, and never has to be painted."

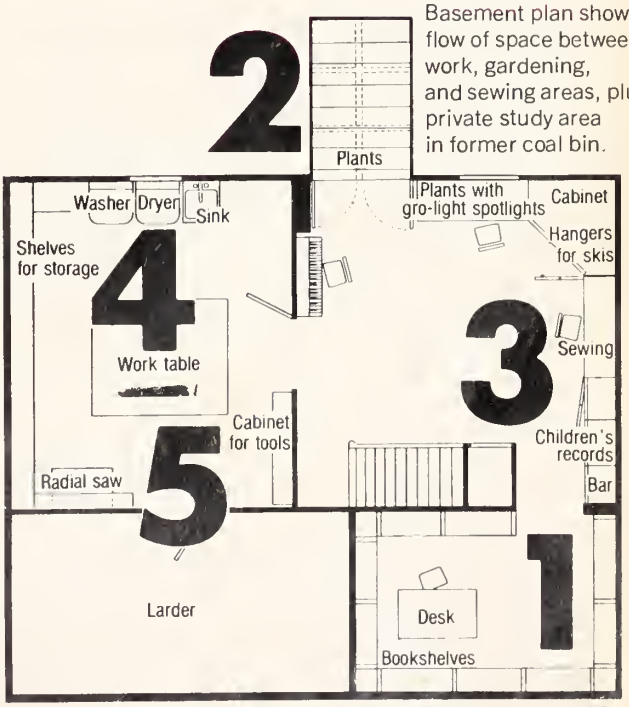
1 Once a coal bin, now a research library. Long overhead lights, a ladder that folds flat, and yards of years of books. Each shelf is labeled for every age reader. Back wall (to the right) is made of open shelves for light, air, and communication with the next room.

2 In summer, when plants are away on porches, the greenhouse steps serve as an entrance, an outside light showing the way, as well as benches for teen-age parties. To right of steps, a "growing wall" for tired plants, new cuttings, with cupboards below to hold gliding trays for flower-arranging supplies.

3 In the sewing center, a sliding table gives fabric space; ribbon and trim are handy in transparent boxes, thread on shelves and in a spool-deep drawer. Between sewing and plant walls, tall doors hide sports equipment and games.

4 The centerpiece of Mrs. Weller's work room is a table 6 feet long, 40 inches high, 40 wide, made from old bridge boards and gate posts. Here, furniture is repaired, flowers arranged, tablecloths ironed. In the corner, a tool bench and board.

5 The energetic Mrs. Weller at work with her drill. Behind her, the radial saw that helped build the new rooms, plus well-organized, carefully labeled shelves of equipment for a host of other family projects.



Basement plan showing flow of space between work, gardening, and sewing areas, plus private study area in former coal bin.

When it came to putting her space to good use, Mrs. Weller didn't miss a trick. "I knew our needs for the areas, and just had to figure out how best to fit them all in. The plan must have been drawn at least ten times before I had it right. Next came color: I always try to carry one or two colors from one area into the next. For me this harmony is necessary to create a sense of flow. The Mint Green and Sun Yellow (all are House & Garden Colors) came down from an upstairs porch, and I added Real Red for accent. Most of the shelves are wood—except on the grow wall and the soda bar for the children. Anywhere you'd put a wet pot or a wet glass, we used yellow plastic laminate. In my work area I repeated the red and green in cabinets and table." Here, when Mrs. Weller cuts patterns, the high table is covered with stretchable terry cloth, made like contour sheet. When she works with wood, the fir table top is protected by a plastic cover. "I put casters on the legs, so anyone can move the table easily." The table holds the slide projector, too, high enough to project over the audience, which sits in the other room, facing a screen in front of the sewing center. To the table's left, is the laundry. "In my work area I also keep all my equipment for painted decoration—feathers, sponges, tubes of paint. In a minute's notice you can put your finger on anything you need. We never thought going down the cellar could give us such a lift."

LONDON

CAREFREE SIDEWALK GARDENS

with old-fashioned flower borders

What will bloom summer after summer without replanting? What will survive seashore gales, cold winters, even years of abandonment? The perennial and self-seeding flowers in these borders, and even the shrubs (yew and privet), are living proof of their own endurance and a tribute to the choice of the original owners and to a young renter's care and imaginative redesigning when he found them—overgrown, but hanging on. The renter was Eric Van Horn of Van Horn and Roberge, florists in Montreal. The long-time owners were the great painter Hans Hofmann, who celebrated life in canvases of exuberant color, and his wife, Miz, who tended the flowers at the house that they shared so many years in Cape Cod's Provincetown.

1

2

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6

1. In high summer a front fence is banked with roses, old-fashioned daylilies (Hemerocallis fulva), and self-seeding larkspur (Consolida orientalis).

2. The path to the front gates is bordered by larkspur, hollyhocks (Alcea rosea), spring-blooming iris, and late-summer phlox.

3. Peering through the fence: roses and daylilies Mr. Van Horn found clustered in the backyard and replanted in front.

4. The handsome fan-light doorway is framed by hollyhocks, wild white fleabane, and daisies. The well-drained sandy beds were revived with peatmoss, 5-10-5 fertilizer, woodchip mulch to hold moisture in.

5. Side steps splashed with orange daylilies and red roses lead to cool ivy and a gate arched with privet, left unsheared to flower, and intertwined with ivy and honeysuckle.

6. Old-time single hollyhocks withstand salt gales but require occasional spraying to foil banqueting Japanese beetles.

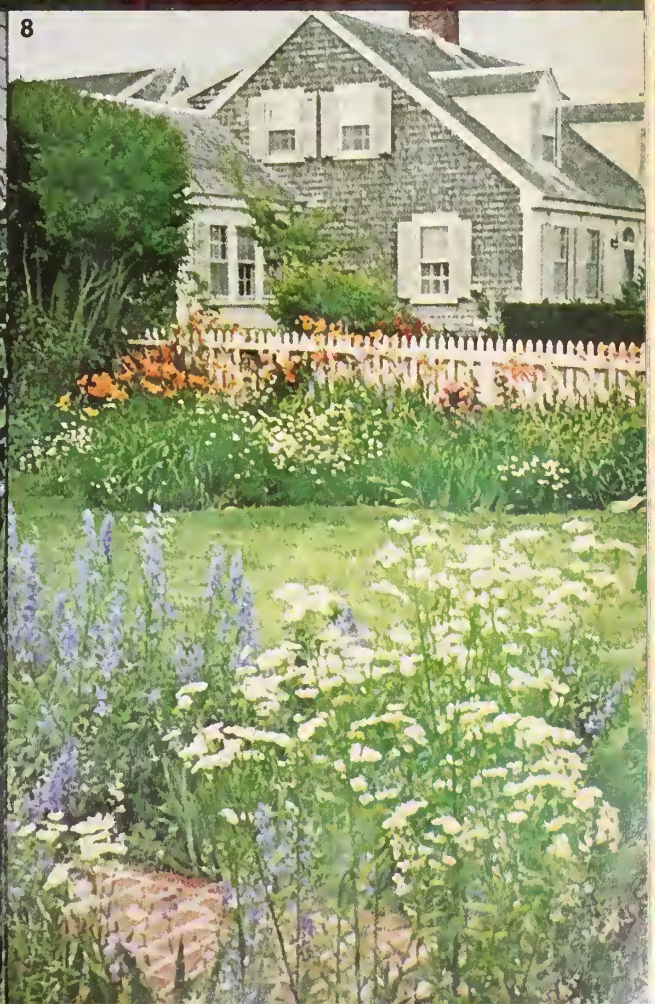
7. Along a brick path near the clapboard house, blue bellflowers (Campanula) at your feet and the blue bay beyond.

8. Path of perennials that merely needed dividing to flourish.

3

4

7


8

MEAL IN MINUTES

MENU

Spinach with sesame seeds
Broiled chicken with coriander-tomato sauce
Honeydew-watermelon

A quick summer menu for four or more—a light meat, delicately sauced, plus fresh vegetables and a fruit dessert. Peter Buckley's book *Eat It Raw* (Dodd, Mead) provides the fruit, vegetable, and sauce recipes, all so adaptable you just add ½-pound spinach, another tomato, a bit more fruit if extra people arrive for dinner.

Only the chicken needs cooking—the rest of the meal is preparation, chopping and mixing ingredients—so you'll spend less than 60 minutes in the kitchen. Begin with dessert—cut up the melon and ginger and marinate an hour—you will be at the table part of that time. Next, put chicken skin-side down under preheated broiler for 15 minutes. Wash, stem, and dry spinach and prepare coriander-tomato sauce. Turn chicken for last 10 minutes, complete final steps for the spinach, wait 2 minutes, stir, serve—the chicken will be ready, too.

Spinach with sesame seeds

INGREDIENTS

1½ pounds spinach
½ teaspoon toasted sesame oil
1 teaspoon salt
4 teaspoons lemon juice
4 tablespoons sesame seeds

METHOD

☐ Wash spinach in ice water, remove thick stems and dry. Put in a large bowl, add oil, mix very well.

☐ Add salt, lemon juice, and sesame seeds; mix very well. Allow to rest 2 minutes, mix again, serve immediately. Sesame oil is very pungent; a little goes a long, long way! You must mix this a lot to make the oil do its job. Be careful not to use more than the ½ teaspoon oil. You may find you want to use even less.

Coriander-tomato sauce

INGREDIENTS

5 cups tomatoes, peeled
1 cup coriander, chopped
1 tablespoon red onion, chopped
¼ teaspoon hot peppers, chopped
½ teaspoon salt *Continued on page 132*

Opposite page: A harvest of summer's freshest, lightest food to serve as is for snacks, with dips to begin supper, or in a pita bread to tote on a picnic: miniature cauliflower and carrots, blanched asparagus, julienned endive, young onions, artichokes, small tomatoes accented by sweet, crisp peppers, olives, beans, a straw nest of hard-boiled eggs. Story, page 124.

WINE & FOOD

GOOD FOOD FOR GOOD LOOKS

and the healthy summer life

D MASSEY

Get a $60 icemaker at no extra cost

Thirsty kids? Company coming? Never run short of ice again with a JCPenney icemaker. And right now we'll include one worth $60 at no extra cost to you* when you buy one of our most popular refrigerators.

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*Water line and hook-up provided at extra cost.

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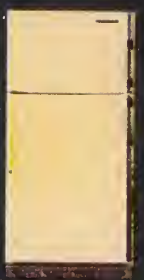
Model #0614
Imperial 14 cu. ft.
top-mount

Model #0216
Custom 16 cu. ft.
top-mount



Model #0616
Imperial 16 cu. ft.
top-mount

Model #0818
17.6 cu. ft.
bottom-mount

Model #0119
18.6 cu. ft.
side-by-side

Model #0719
19 cu. ft. 3-door
side-by-side

Model #0618
Imperial 18 cu. ft.
top-mount

Model #0220
Custom 20 cu. ft.
top-mount

Model #0620
Imperial 20 cu. ft.
top-mount

$50 off this 10 cu. ft. compact chest freezer.

The freezer you want at the savings you want. With foam insulation, spring loaded hinges and a woodgrain vinyl top.
Model #6910 Reg. 269.95. Sale 219.95
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This is JCPenney

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Garden in the soup bowl

Beautiful beginnings for summer meal, apanese soups that re light, delicious, and ake only moments to make

oup preparation takes only minutes ce the basic ingredients are on hand. 's theme and variation, beginning with o incredibly simple soup stocks (8 inutes cooking time—see below for cipes) and a variety of garnishes—nong them: shredded or sliced scallion, inly sliced carrot rounds cut into petal apes, rose-cut radishes, one perfectly oked shrimp or clam, sliced mush-oms, cubes of poached chicken, one atchstick of ginger, thin shreds of mon zest, or a dime-sized piece of lime st—that do triple duty: perfume the oth, provide the "eating" part of the up, and treat the eye and palate to a lightful composition of texture and lor. Chieko Kobashi, who gives cook-g classes in New York (307 East 44th reet, New York, N.Y. 10017) created e soups here and on page 89. She sug-sts that the soup be served in tradi-nal, covered lacquer bowls, so people n delight in opening their own.

asic soup stocks 1 and 2

liban Dashi (1) is used for clear soups d Niban Dashi (2) is used for miso soups d cooking.

GREDIENTS FOR CLEAR SOUP STOCK
4-inch square Konbu seaweed
cups water
cup Katsuo-bushi (dried bonito flakes)

GREDIENTS FOR MISO SOUP STOCK
cups water
aweed and bonito flakes from soup stock 1

ETHOD FOR CLEAR SOUP STOCK

Wipe Konbu with a wet cloth or rinse ghtly under running water to remove any nd. Put in a pot with the 6 ups water and bring to boil.

Just before water oils, remove and re-rve the seaweed. Turn eat to low and add the sh flakes. When water turns to a boil, remove from heat and immediately strain the stock through a strainer or cheesecloth into another pan. Reserve fish flakes.

☐ It is very important that this stock not boil as it will become fishy very quickly.

METHOD FOR MISO SOUP STOCK

☐ Put the 6 cups water and reserved seaweed and fish flakes into a pan. Bring to a boil and simmer 8 minutes. Strain through a strainer or cheesecloth into a bowl or saucepan. This stock is used for miso soups. Miso absorbs the stronger fish flavor of the stock.

Chicken and cellophane noodle soup

INGREDIENTS
½ chicken breast, skinned and boned
Salt
Cornstarch
Handful cellophane noodles (harusame)
1 teaspoon soy sauce
5 cups clear soup stock
6 small sprigs watercress
6 pieces lime or lemon zest

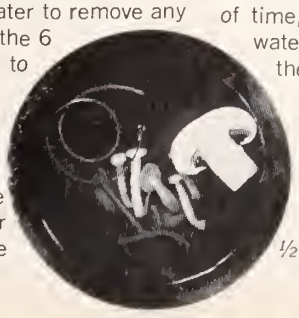
METHOD

☐ Cut chicken into ½-inch pieces. Sprinkle with salt and allow to stand 5-10 minutes. Dry with paper towels. Pour some cornstarch onto a small plate and roll chicken pieces until they are lightly coated. Bring a small pan of water to a boil. Cook chicken in the boiling water 1 minute and drain, reserving water. The pieces will be white outside and still very tender. Place 2-3 pieces in each of 6 individual lacquer soup bowls.

☐ Put cellophane noodles into reserved hot water and let stand 5 minutes, or, if in a hurry, boil noodles 2-3 minutes. Put a few strands in each bowl with the chicken.

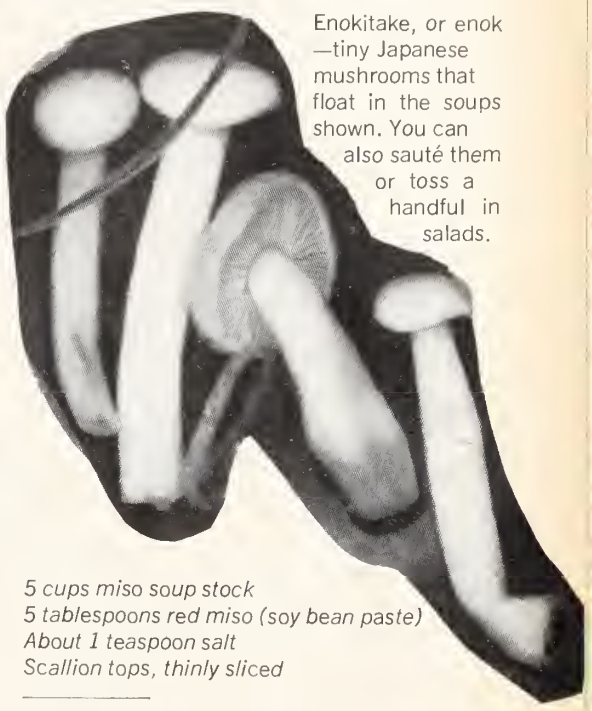
☐ Put soy sauce, 2 teaspoons salt, and soup stock in a saucepan and boil 1 second. Immediately pour the soup in the bowls over the chicken and noodles.

☐ Garnish with a sprig of watercress and lime or lemon zest. Serves 6. You can do the chicken and noodles an hour ahead of time, put them in the bowls with the watercress and zest, and just pour over the stock at serving time.



Fried bean curd and tofu soup

INGREDIENTS
2 cakes fried bean curd (aburage)
½ pound fresh tofu (fresh bean curd)
5 cups miso soup stock
5 tablespoons red miso (soy bean paste)
About 1 teaspoon salt
Scallion tops, thinly sliced



Enokitake, or enok —tiny Japanese mushrooms that float in the soups shown. You can also sauté them or toss a handful in salads.

METHOD

☐ Cut the fried bean curd into thin strips. They will look like circles since the cake is hollow in the center. Cut fresh tofu into ¼-inch cubes.

☐ Put the circles of fried bean curd into a saucepan with the miso soup stock, bring to boil, and cook 4-5 minutes. Add miso by pushing it through a strainer, stir well, and add salt to taste.

☐ Add tofu and bring to a boil. Immediately remove from heat. Serve in lacquer bowls garnished with sliced scallion tops. Serves 6.

Miso soup with nameko and tofu

INGREDIENTS
½ pound tofu (fresh bean curd)
5 tablespoons white miso (soy bean paste)
5 cups miso soup stock
1 7-ounce can nameko mushrooms
Scallion tops, thinly sliced

METHOD

☐ Cut bean curd into ¼-inch dice. Reserve. Add miso paste to miso soup stock by forcing through a strainer. Add bean curd, nameko mushrooms and the liquid from the can to the stock and bring to a boil. The mushrooms have a jellied tex-

Continued on page 140

The offbeat buffet

Including vegetable sandwiches and marmalade chicken

"I delight in cooking alone in the kitchen late at night. It relaxes me," says Marika Hanbury Tenison, a whirlwind person with purpose. Besides her columns for *The Spectator* and *Sunday Telegraph* and her much-acclaimed cooking seminar, she is at work on four new cookbooks all to be completed in 1978. She has already published ten in England, plus two books about her travels with explorer-husband, Robin. The Hanbury Tenison stock farm lies deep in the moorland of Cornwall, but guests materialize from all continents knowing they'll find nourishment for both mind and body. "I use vegetables to accent meat rather than the other way around," says Marika, "and I like to handcraft menus to suit my audience." In summer she has at least 3 solutions: a large expanding buffet spread in the kitchen with dishes made from many home-grown ingredients (local produce, especially fish, is plentiful). Her choice is wide and the presentation so appealing that there are rarely leftovers. The salad-and-cold-cut-stuffed pita sandwiches make lunch an independent affair—as easy as filling a pocket. A third summer entertainment idea: A barbecue she tends herself under the trees in a far corner of the garden. She serves with it a bountiful basket of crudités. Recipes, page 134.

Left: Marika Hanbury Tenison barbecues sates. Surprise-stuffed pita—meats and vegetables. Rupert offers pitas on a tray. Above: Kitchen table spread for a summer feast. Below: Sliced salmon loaf in pastry crust. Opposite page, clockwise from top left: Fish pâté layered with herbs, and tomato and basil tartlets. Three-bean salad and saffron eggs. Chicken and ham raised pie. Cold chicken with rosemary and marmalade. Spinach and bacon salad; feta, tomato and cress with vinaigrette; avocado and fish mousse. Marika rolls out pita dough.

BUFFET FOR HUNGRY CROWDS

Strawberry soup
Fish pâté
Three bean salad
Tomato and basil tartlets
Saffron eggs
Chicken with rosemary and marmalade
Salmon loaf
Chicken and ham raised pie
Tomato, cress, and feta cheese salad
Spinach and bacon mimosa salad
Avocado and fish mousse

Columbine
Orange flummery
Wild strawberries
Black grapes in white wine jelly

The ideal warm-weather meal

Crudités, fish, and fruit

SUSAN WOOD

COUNTRY LUNCH FOR 6

Campari with fresh grapefruit juice

Crudités
Bagno caldo
Cold red snapper with dill mayonnaise and cucumbers
Cherry tomatoes in basil dressing
Herbed potato salad
Sancerre 1976

Fresh raspberries with whipped cream, brown sugar, and Amaretto
Madeleines
Perrier Jouet Champagne

Opposite page: Top left, Miranda Yates holds a heaping compote of raspberries. From top, an abundant basket of crudités to serve with a warm (!) bagno caldo redolent with garlic and anchovies. Fresh poached red snapper to serve with homemade dill mayonnaise, cucumbers, and tomato salad. Dessert: raspberries with Amaretto, freshly baked madeleines. This page: Top, in the kitchen, the custom hood, masquerading as sculpture, zips out cooking odors. Bottom, china and wine storage flank the informal dining area. Above, Mrs. Yates cooks. Mr. Yates does what comes naturally—directs.

"We are very fond of fish and cook a lot of it in summer. The crudités, cold poached snapper, and fresh fruit are, for us, the perfect meal—very light, yet it has variety in texture and subtle flavors," says Virginia Yates, who lives with her film director/producer husband, Peter (*The Deep,* and now, *Bambino*) and their two children, Miranda, 12, and Toby, 15, in a newly renovated house in New England. "We entertain often for Saturday and Sunday lunch in warm weather. I set out platters of cold dishes, with perhaps one hot dish on the table in the kitchen, so guests and endless streams of children can help themselves, then go out to sit on the terrace or by the pool." Popular repeat menus include a Greek barbecue with shish kebabs, the appropriate salads, and pita bread, and barbecued shrimp to serve with rice salad. Mrs. Yates slits jumbo shrimp open but leaves the shells on, marinates them, then grills, pouring lots of marinade over them while they cook so "they get quite black, but the meat inside stays very juicy."

Wine and spirits play an important part in the menus as well—apéritifs include fresh grapefruit juice spiked with just enough Campari to give color and taste. Another is kirsch and tonic garnished with lime. Their favorite version of sangría substitutes champagne or sparkling wine for the usual club soda. Summer desserts tend to be simple fresh fruits from a local farm with a dash of liqueur perhaps. "Menus might get more ambitious, since Miranda, who baked the little madeleines, is becoming quite a good baker," says Mrs. Yates, who goes on location with her favorite cookbooks and pans—"even black peppercorns, you never know!"

She planned the renovated kitchen herself. "I lined up all my china, glass, and equipment and measured to figure out how much storage space I needed. I made sure there would be two narrow *(Continued on page 132)*

Serving up summer

Finds to make your tables more inviting

1 What's new under the sun? Four square Gere Kavanaugh umbrellas making a cool canopy over a sun deck brunch table bright with fabric and flowers. "Super B" tablecloth, "Giant Basket" pillowcovers, "Petit Fleur" napkins by Gere Kavanaugh for Geraldine Fabrics. Umbrella from Terra Furniture.

2 Bread and board on a country picnic table. Plates, mugs, and bowls handmade by Joseph Detwiler and Lorene Nickel. Dinner utensils by Wilton Armetale. Everything available at The Silo.

3 Bright triangles stacked point-by-point on stackable hard porcelain. "Prism" by Block China.

4 Serve it with flowers: Pink and red geraniums on a sea of polka dots. Placemats and napkins by Barbara de Wolfe.

5 Everything's coming up buttercups. Handpainted ceramic by Creed Studio at Accents & Images.

6 Mix or match sand, sky, and sunset colors of "Kaleidoscope" dinnerware by Franciscan.

7 Summer service: sleek "Oblique" stainless steel by Bob Van Allen for Stanley Roberts.

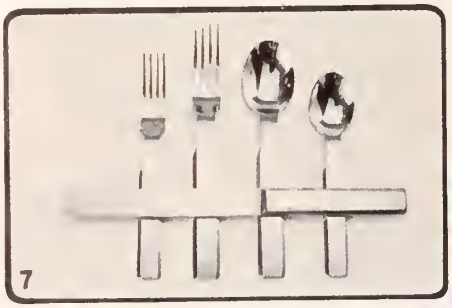
8 Check it out! Extra absorbent cotton dishtowels. Scaindia.

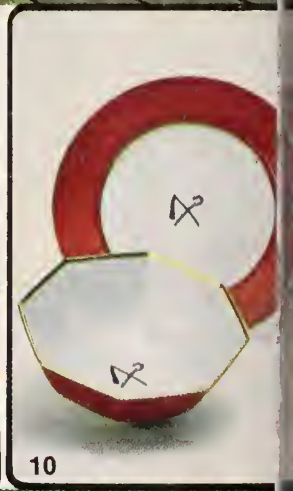
9 Earthy brown blooms on cream ironstone. "Oriental Garden" by Johnson Brothers. China and fabric design by Laura Ashley.

10 Buffet plate and octagonal bowl. "Ramses Shoulder" by Fitz & Floyd.

11 Try trays for a movable summer feast. Some naturals here: wicker tray with handles, wooden salt and pepper, French china stenciled with blue blossoms. All at Conran's.

12 Cool, clear Plexiglas buffet servers and molds. By Pauline Trigere for Grainware. Shopping information, page 143.





HORST
BEADLE
EDWARD OLEKSAK
KAREN PADKAI
WILLIAM P. STEELE

3

4

5

In praise of rosé

A refreshing wine to enjoy with summer's meals.

By B.J. Cutler

Quite simply, rosé is the perfect summer wine. It is clean and refreshing, and when its salmon-pink color reflects sunlight from a chilled glass, it is indeed a pretty sight. It is the wine of outdoor living, or barbecues, cookouts, picnics, garden parties, and patio buffets. It not only goes with anything, it goes better than other colors with difficult dishes to select wines for, such as cold soups, omelettes, salads (without vinegar), and desserts. A good rosé has enough power to stand up to the backyard chef's hamburgers, steaks, and barbecued chicken. And nobody who has visited the French Riviera is likely to forget the local pink wine accompanying fish grilled with herbs of Provence. Any wine that can do so much shouldn't be compared with nobler wines that are meant for other purposes; it should be appreciated for its own qualities.

Picnic feast—some fruit, cheese, a loaf of crusty bread, and chilled rosé

Of all the world's fine wines, none has been subjected to so much unjustified criticism as rosé. Just why this versatile and pleasant wine should be such a target isn't easy to understand. The answer probably lies in the snobbish view held by self-styled experts in Europe and here at home that if many people like a wine it can't be very good.

When Americans started vacationing in mass numbers in Europe after World War II, most of them were not used to drinking wine with their meals. To avoid the problem of when to order white wine or red, they accepted the accurate advice of wine stewards that rosé goes with everything. After a while, restaurant help, somewhat condescendingly, began calling rosé "the Americans' wine," and many wine drinkers, unsure of their own taste, started to avoid it for fear of being thought gauche.

*ALL PRICES APPROXIMATE MAY VARY ACROSS THE COUNTRY.

It is of course unfair to put down rosé as the wine of untutored Americans. The practice of making a pink wine from red-wine grapes goes back centuries. Rosés are produced in almost every country that makes wine, including France, Italy, Switzerland, Spain, Portugal, Algeria, Israel, South Africa, Argentina, Chile, Australia, and many parts of the United States. The current price list of Nicholas, France's largest chain of wineshops, offers no fewer than 14 different rosés, ranging in price from a house brand at 80¢ to a pink champagne at $12. Since Nicholas supplies 5,040 stores in France, it's obvious that a vast number of knowledgeable customers are drinking the firm's rosés.

A handicap rosé faces in this country is a statement wine writers have picked up from each other—that it is an "incomplete wine." They get this idea from the way rosé is made. The juice of red-wine grapes is separated from the skins after a day or two, when the fermenting wine has achieved the pink color the cellarmaster wants. Red wines are left in contact with their skins for a much longer time, giving them their deeper color, sturdier body, and the tannin that permits them to "live" for many years. Wine writers are right when they say rosés lack the character and distinction of a great red from Bordeaux or Burgundy. But who with any sense of proportion would serve a Château Latour at an informal luncheon or a Chambertin at a picnic? And those are the occasions, among many others, when rosés come into their own.

Interestingly, Americans are ignoring both wine cultists and critics and are boosting the sales rate of rosés even faster than that of white wines, which are in a well-publicized boom. And Americans are lucky, for they have available to them rosés from many parts of the world, in various price ranges, and a growing domestic production that is becoming better-made and sophisticated by the year.

France, which sets high wine standards for the rest of the world, not surprisingly exports some of the best rosés. Its most famous rosé is Tavel, from the village of that name near Avignon in the Rhône Valley. Tavel and its sister wine Lirac are made from the grenache grape, which produces a pink-orange wine of charm and power. Unfortunately, the better estate-bottled Tavels are expensive, at around $5*, and the lesser versions often have a bitter aftertaste. Moving south from Tavel, one is in the region of Rosé de Provence, where there is an enormous production of pleasant round wines. They are cheaper than Tavel and good value when young and fresh. From the Loire Valley come Rosé d'Anjou, widely available here and a good wine for beginners, as it is sweet, and Cabernet d'Anjou, a drier, firmer wine made from the Cabernet grape of Bordeaux fame.

The two best rosés of France are rarely seen here, since the canny French prefer to drink them themselves. One is Rosé de Marsannay, made from Burgundy's classic Pinot Noir grape at a village just south of Dijon. The other is Rosé de Sancerre, also made from Pinot Noir in the Loire River town of Sancerre, widely known for its dry white wines. Both rosés occasionally get to our better wineshops in large cities. When they are spotted and if they aren't too old—a rosé loses its freshness and charm after about two years—they should be tried by anyone who wants to see how good a pink wine can be.

Portugal sends far more rosé than France does to America. The leading brands are Lancer's, a carbonated or "crackling" wine sold in brown crocks, and Mateus, a pleasant still pink wine. Italy grows sound rosés around Lake Garda in the north. They come to market labeled Chiaretto and Chiarello and are inexpensive, lighter versions of Veronese wines. A brand name to look for is Folonari. Not to be outdone, Yugoslavia sends a rosé from Opolo as part of its Adriatica line of wines. A nice thing about it is its price: $1.65.

Continued on page 132

Rosés on the move

KRAFT SALAD DAYS ARE HERE

Celebrate the smooth, mellow flavor of golden ripe DOLE® Bananas, tossed together with other fresh fruit and the marvelous flavor of MIRACLE WHIP Salad Dressing from Kraft. It's a fruit-filled fantasy your family will really enjoy.

CELEBRATE DOLE BANANAS WITH DREAMY AMBROSIA FRUIT SALAD.

- ½ cup MIRACLE WHIP Salad Dressing
- ¼ cup powdered sugar
- 1 tablespoon orange juice
- ¼ teaspoon grated orange rind
- ½ cup heavy cream, whipped
- 3 DOLE Bananas, sliced ½ inch thick
- 2 cups orange slices
- 1 cup papaya or cantaloupe balls
- 1 cup strawberry halves
- Lettuce
- ½ cup shredded coconut

Combine Miracle Whip, sugar, orange juice and rind; fold in whipped cream. Chill. Combine bananas, oranges, papaya and strawberries; toss lightly. Spoon fruit onto lettuce-covered platter. Sprinkle with coconut. Serve with dressing. Garnish with additional grated orange rind, if desired.

8 servings

CASTLE & COOKE, INC.

KRAFT

In praise of rosé
continued from page 130

Though imports are widely available, they are becoming less neeessary as rosé winemaking expands in America. It is spreading from its traditional areas in California and New York State to Washington State, Oregon, Maryland, Virginia, Michigan, Ohio, and even sandy Long Island. New grape varieties are being used, new techniques tried, and it is just a matter of time before rosés reach the quality levels of the best Ameriean whites and reds.

At the bottom of the priee scale, E. & J. Gallo, the country's largest winemaker, sells its Pink Chablis for around $2.50 a magnum and $4.40 a full gallon. A well-made wine for its priee, Pink Chablis is the answer to an economieal pienie wine. Rather sweet, it is most popular with new drinkers. Other large wineries, such as Italian Swiss Colony and Paul Masson, produce rosés that compete with Gallo's. Whieh to buy is simply a matter of taste.

Almadén was the first to produce a commereial rosé in California, and its Grenaehe Rosé, made from the grape used in France's Tavel, is pleasant at around $2.10 the bottle. An exeellent buy in the next-to-the-bottom priee elass is C. K. Mondavi's Vin Rosé. At $3.50 a half gallon, it might be California's best jug rosé.

Another braneh of the Mondavi winemaking family, Robert Mondavi, produces at Oakville, Calif., one of the eountry's best new pink wines. This is his Napa Valley Gamay Rosé, made from the Gamay grape. Darker in eolor than the average rosé, it is a delicious wine that ean aecompany almost any food. And at $3 a bottle it's a genuine bargain.

Several years ago a glut of grapes for big red wines developed in California and winemakers began to experiment to see if they could make sueeessful rosés. The results have been happy and promise mueh for the future when, after more work, grape variety, soil, elimate, and eellarmen's skills will come together to produee outstanding wines.

Already Inglenook is produeing a Cabernet Rosé that is dry and fresh and good value at $2.50. Simi has an exeellent example for $3.75. The Zinfandel grape is noted for yielding a big, powerful California red. Now Coneannon and Pedroneelli are turning out delightful Zinfandel rosés. Heitz Cellars has tamed the robust Grignolino grape from Italy to make an unusual rosé, and both Souverain and Johnson's Alexander Valley are turning Burgundy's Pinot Noir grape into elegant rosés for under $3.

What else can one do with a rosé other than to enjoy it as a table wine? Well, if you're having eoektails and want to go easy on alcohol you ean make a Rosé Spritzer. Put ice eubes in a tall highball glass, add 2 ounees of rosé wine, and fill the glass with club soda. It's a refreshing drink that you can nurse a long time.

Also my eookbook-writing wife Carol Cutler has worked out the following reeipe based on rosé. Note that the alcohol is burned off during the eooking, little sugar is used and so it's a low-ealorie end to a meal.

Rosé Jelly

INGREDIENTS

3½ cups rosé wine
1-2 tablespoons sugar, depending on taste and sweetness of wine
¼ teaspoon nutmeg
2 tablespoons gelatin
3 tablespoons kirsch
3 tablespoons water
Garnish: strawberries and butter cookies

METHOD

☐ Pour the rosé into an enameled or tin-lined pot; add the sugar and nutmeg and bring to a boil. Reduce the heat and simmer gently, uncovered, for 1 minute. Meanwhile pour the gelatin in a small bowl and sprinkle with the kirsch and water; stir to soften the gelatin. Remove the pot from the fire and stir in the gelatin to dissolve it. Cool.

☐ Pour the rosé into a dish measuring approximately 8 by 12 inches; the liquid should not be deeper than ¾ inch. Chill.

☐ Cut the Rosé Jelly into ¾-inch cubes and place in individual saucers or bowls; glass bowls are the prettiest. Place the bowl on a saucer and arrange 3 or 4 ripe strawberries and a single butter cookie on the saucer. Serves 6. ■

Meal in minutes
continued from page 120

METHOD

☐ Chop tomatoes, reserve juice.

☐ Put tomatoes and juice in bowl, add coriander, onion, peppers, and salt and stir gently.

Honeydew-watermelon

INGREDIENTS

3 cups watermelon
3 cups honeydew
3 teaspoons lemon juice
¼ cup orange juice
1½ teaspoons brown sugar
¼ cup fresh ginger, sliced or substitute crystallized ginger

METHOD

☐ Cut melons into bite-sized pieces, put in bowl, add lemon juice, orange juice, sugar, and stir gently.

☐ Peel ginger and cut into thick slices; stab the slices with a fork.

☐ Add ginger to the mixture, stir, marinate 1 hour in refrigerator.

☐ Remove fresh ginger before serving; crystallized may be left in. You may want to omit the ginger. You can use ⅛ teaspoon salt instead of sugar if you wish. ■

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Warm weather meal
continued from page 127

eabinets for trays and baking sheets, and a couple of long, narrow drawers for spoons, skewers, and such." The buteher-block island, center of eooking aetion, is 1½ inches lower than the rest of the counters, a good working height for 5-foot-5-inch Mrs. Yates. "We ehose Portuguese tile for the walls and Mexiean tile for the floor for practieal reasons—they are so easy to elean—but most of all beeause I love the way they look The blue high-gloss ceiling eehoes the blue in the tiles. The same blue appears inside the glass-fronted eabinets and on the little bentwood ehairs. "I meant them only as a stopgap measure, but now I am too fond of the ehairs to replace them." Building faets, page 165.

Bagno caldo

Adapted from the bagno caldo served at the San Lorenzo restaurant in London

INGREDIENTS

½ cup olive oil
1 cup butter
24 cloves garlic, sliced (the faint-hearted may simmer the garlic briefly in milk before proceeding, if they wish)
2 2-ounce cans anchovy fillets, chopped
¼ cup heavy cream
Freshly ground white pepper to taste
¾ cup walnuts
Raw vegetables

METHOD

☐ Heat the oil and butter in a saucepan and add the garlic and anchovies. Cook, barely simmering, about 1 hour. The garlic and anchovies must literally "melt" into the oil and butter. Add cream and heat through. Season to taste with pepper.

☐ Just before serving, add the walnuts. This sauce must be kept just barely hot over a warmer of some kind. Makes about 2 cups sauce.

☐ Serve with the freshest, smallest raw vegetables you can find: carrots; mushrooms; cauliflowerettes; zucchini slices; blanched, slivered sweet peppers; slivered fennel; and endive, which is the best, because you can pick up the walnuts with it.

Cold red snapper

INGREDIENTS

2 3-pound red snapper
10 cups water
2 cups Bulmer's hard cider
½ cup tarragon vinegar
2 onions, sliced
2 carrots, sliced
1 bouquet garni
12 black peppercorns
Pinch mace
Lemon slices
Dill mayonnaise (recipe below)

Continued on page 134

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continued from page 132

METHOD

☐ Have the fish market clean the fish, but leave on the heads and tails. Bring the remaining ingredients except for the mayonnaise to a boil in a large fish poacher and simmer 45 minutes.

☐ Add the fish to the court bouillon one at a time. Poach each very gently allowing 15 minutes per pound. The liquid should cover the fish. When cooked, drain and chill in the refrigerator.

☐ Strain the stock and freeze for future use. Garnish fish with lemon slices and serve with dill mayonnaise. Serves 6.

Dill mayonnaise

This recipe is adapted from the Hot Water Mayonnaise recipe in The Constance Spry Cookery Book, *by Constance Spry and Rosemary Hume (J. M. Dent & Sons).*

The hot water slightly cooks the egg yolks, helping the mixture to thicken. It is a godsend in hot, sticky weather when one most wants mayonnaise, and when it is, of course, most difficult to make.

INGREDIENTS

2 egg yolks
Salt, pepper to taste
1½ teaspoons Dijon mustard
1 tablespoon boiling water
1 cup olive oil
2 tablespoons wine vinegar
A good handful dill, chopped

METHOD

☐ Put the egg yolks, salt, pepper, and mustard in a blender or food processor and blend briefly.

☐ Keep the machine running and add the boiling water, then immediately begin to pour in the oil in a slow, steady stream. Add vinegar and blend. Add dill to taste. Makes about 1 cup.

Cherry tomatoes in basil dressing

INGREDIENTS

¼ cup olive oil
¼ cup French walnut oil
2 tablespoons white wine vinegar
1 teaspoon Dijon mustard
Salt
Freshly ground black pepper
⅔ cup fresh basil, chopped and bruised
5 cups cherry tomatoes

METHOD

☐ Mix together the oils, vinegar, mustard, salt, and pepper in a serving bowl. Add basil. Add tomatoes and toss in the mixture from time to time for about 1 hour before serving. Do not chill or you will ruin the flavor. Serves 6. ■

Free recipe booklet write: Cheri-Suisse Recipes, P.O. 1645, FDR Sta., N.Y.C. 10022

continued from page 124

Aioli

(A garlicky mayonnaise)

INGREDIENTS

4 cloves garlic, peeled
1 teaspoon Dijon mustard
2 egg yolks
1 cup olive or sunflower oil
1 tablespoon lemon juice or white wine vinegar
Salt, freshly ground black pepper

METHOD

☐ Crush the garlic well with a fork in a small bowl and mix to a smooth paste with the mustard. Add egg yolks and beat well. Very slowly add oil, drop by drop, while beating until mixture has emulsified and all the oil has been used up. Beat in the lemon juice or vinegar (add a little more for a sharper flavor), and season with salt and pepper. Makes about 1 cup aioli.

Mango and curry sauce

INGREDIENTS

1 tablespoon curry powder
1 teaspoon lemon juice
1 tablespoon water
4 tablespoons sweet mango chutney

METHOD

☐ Combine the curry powder, lemon juice, and water in a small saucepan over low heat and stir until curry powder is well incorporated.

☐ Chop the chutney very fine and add the curry mixture. Mix well and chill. Makes ¼ cup.

A fiery red sauce

INGREDIENTS

2 tablespoons red pepper, finely chopped
2 tomatoes, peeled, cored, seeded, and chopped
1 tablespoon shallot or onion, finely chopped
1 tablespoon tomato ketchup
½ teaspoon Tabasco sauce

METHOD

☐ Combine all ingredients in a small bowl. Makes about ½ cup sauce.

Sour cream, chive, and cucumber sauce

INGREDIENTS

½ cucumber
Salt, white pepper
Heaping ¼ cup sour cream
1 tablespoon chives, finely chopped

METHOD

☐ Peel and coarsely grate the cucumber. Sprinkle with salt and leave to drain in a sieve 20 minutes. Rinse, drain, and dry on paper towels. *(Continued on page 136)*

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CARAMEL MORSEL BARS

49 (14-oz. bag) KRAFT Caramels
3 tablespoons water
5 cups crisp rice cereal or toasted oat cereal
1 cup peanuts
One 6-oz. pkg. (1 cup) NESTLÉ® Semi-Sweet Real Chocolate Morsels
One 6-oz. pkg. (1 cup) NESTLÉ® Butterscotch Flavored Morsels

Melt Caramels with water in saucepan over low heat. Stir frequently until sauce is smooth. Pour over cereal and nuts; toss until well coated. With greased fingers, press mixture into greased 13 x 9-inch baking pan. Sprinkle morsels on top; place in 200°F. oven for 5 minutes, or until morsels soften. Spread softened morsels until blended to form a frosting. Cool; cut into bars.

continued from page 134

☐ Add the cucumber to the sour cream with the chives in a small bowl. Season with salt and pepper and mix well. Serve chilled. Makes about ½ cup.

Pink mayonnaise

INGREDIENTS

½ cup homemade mayonnaise
2 tablespoons homemade tomato paste
Salt, freshly ground black pepper
1 teaspoon lemon juice
1½ tablespoons green pepper, diced

METHOD

☐ Combine the mayonnaise with the tomato paste in a small bowl. Season with salt and pepper and mix well. Add lemon juice and green pepper, stir, and chill. Makes a generous ½ cup.

Pita bread

INGREDIENTS

½ package dried yeast
¼ teaspoon sugar
Lukewarm water
12 ounces (2½ cups plus 2 tablespoons Hecker's unbleached) all-purpose flour
1 teaspoon salt

METHOD

☐ Dissolve the yeast and sugar in 3 tablespoons lukewarm water in a cup and mix to a smooth paste. Leave in a warm place until spongy, about 10 minutes. Add the yeast mixture to the flour in a bowl with the salt and work in enough additional tepid water to make a stiff dough, about ½ cup.

Knead the dough until it is smooth and elastic, place in a bowl brushed with oil, cover with a cloth, and leave in a warm place for about 1 hour until dough has doubled in bulk. Punch dough down and divide it into 6 balls.

☐ Roll out each ball into an oval shape about ¼-inch thick, place on a greased baking sheet, cover with a cloth, and leave to rise 20 minutes in a warm place.

☐ Bake in a preheated 425° oven until pitas are lightly browned and sound hollow when tapped, about 10 minutes.

☐ To serve the bread, cut through one side using a sharp pointed knife, gently easing the knife through the bread until you form a pocket. The bread should be eaten the day it is made, or it can be frozen. Makes 6 breads.

Fish pâté

INGREDIENTS

1 pound white fish fillets such as cod
2 eggs
3 ounces fresh bread crumbs
2 teaspoons green peppercorns
6 tablespoons heavy cream
Salt
½ pound salmon
1 large bunch parsley
10 sorrel leaves
3 scallions, white and green parts
2 ounces butter
Fresh tarragon

METHOD

☐ Remove any skin and bones from the white fish fillets and purée the fish with the eggs, bread crumbs, peppercorns, and heavy cream until the mixture is smooth. Season to taste with salt.

☐ Cut the salmon into strips ¼-inch wide. Plunge the parsley, sorrel, and scallions into a saucepan of boiling water and cook 5 minutes or until just tender. Drain well, and purée. Add the butter to the herbs.

☐ Pack half the fish purée into a buttered 1-quart terrine, cover with half the herb mixture. Lay the salmon strips on the herb purée, cover with the remaining herb purée and then the remaining white fish mixture. Cover with foil, place the terrine in a larger baking pan and fill with boiling water to come halfway up the sides of the terrine. Cook 45 minutes in a preheated 350° oven. Cool, chill in a refrigerator for at least 4 hours, unmold, and serve in thin slices. Garnish with fresh tarragon. Serve with hot toast or hot French bread, if desired.

Tomato and basil tartlets

INGREDIENTS

8 ounces unsweetened plain pastry
1 15-ounce can tomatoes
2 tablespoons oil
1 onion, finely chopped
1 clove garlic, crushed
1 red pepper, diced
1 tablespoon fresh basil, finely chopped
1 teaspoon sugar
1 teaspoon lemon juice
1 tablespoon tomato paste
2 bay leaves
Salt, freshly ground black pepper
8 basil leaves

METHOD

☐ Roll the pastry out as thinly as possible and fit into 8 2½-inch tartlet tins. Line with foil, fill with dried beans, and bake in a 425° oven about 12 minutes. Cool on a rack, then remove pastry shells.

☐ Chop the tomatoes and reserve the juice. Heat the oil in a saucepan and add the onion and garlic and cook over low heat, stirring now and then, until the onion is soft and transparent. Add the red pepper and cook for 3 minutes. Add the tomatoes, their juice, chopped basil, sugar, lemon juice, tomato paste, and bay leaves. Season to taste with salt and pepper and bring to the boil. Cover and simmer over low heat 30 minutes. Uncover, return to boil, cook over high heat, stirring to prevent sticking, until sauce is thick. Cool.

Remove bay leaves, fill the pastry shells with the sauce and decorate the top of each one with a basil leaf. Serve 1-2 to each person.

Continued on page 138

How to make a PURPLE SUNSET

enjoy tea with the icy juice of grapes . . . and a hint of mint

(serves six)

1½ cups water
6 Bigelow Plantation Mint® tea bags
(or 6 tsp. Plantation Mint instant tea)
5 cups unsweetened grape juice
2 cups unsweetened apple juice

To prepare Plantation Mint tea base:

Tea bags: Place Plantation Mint tea bags in warmed teapot. Pour in 1½ cups freshly boiled water. Cover. Steep 7 minutes. Discard tea bags. Stir. Let stand at room temperature to cool.

Instant tea: Dissolve Plantation Mint instant tea in 1½ cups cold water.

Pour Plantation Mint tea base into 3 qt. pitcher. Add chilled grape and apple juices to tea base. Stir. Pour into ice-filled glasses.

Optional garnish: **12 purple grapes, 1 eggwhite, 1 Tbsp. water, ⅓ cup sugar, 6 cocktail skewers.**

Beat eggwhite and water until soft peaks form. Dip grapes into eggwhite mixture, then into sugar. Let grapes dry one hour before piercing with cocktail skewer.

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continued from page 136

Saffron eggs

INGREDIENTS

4 tablespoons vegetable oil
4 onions, thinly sliced, separated into rings
2 cloves garlic, crushed
1-inch piece fresh ginger, minced
1½ tablespoons ground coriander
½ tablespoon ground cumin
½ teaspoon ground turmeric
½ cup canned tomatoes, chopped
Salt, pepper
Pinch cayenne
Chicken stock
½ teaspoon powdered saffron
1 tablespoon warm milk
3 tablespoons yogurt
8 hard-boiled eggs
Parsley

METHOD

☐ Heat the oil in a heavy frying pan, add the onions, garlic, and ginger and cook over low heat, stirring every now and then, until onions are soft and transparent. Add the coriander, cumin, turmeric, and stir. Add the tomatoes, season with salt, pepper, and a pinch of cayenne and cook over low heat, stirring occasionally, for 30 minutes. If the mixture begins to get dry, add a little chicken stock—it should be the consistency of a thick sauce.

☐ Mix the saffron into the milk and stir until the saffron is dissolved (or infuse strand saffron in the milk 10 minutes and drain). Add the saffron milk and the yogurt to the onion mixture, mix well, and remove from heat.

☐ Halve the hard-boiled eggs and arrange them, cut side down, in a shallow serving dish. Pour over the curry sauce and chill for at least 3 hours before serving. Garnish with parsley. Serves 6.

Avocado and fish mousse

A light, refreshing first course or an attractive main course for a summer lunch party. Fill the center with mustard cress dressed with vinaigrette, or with peeled, seeded, and chopped tomatoes with freshly chopped herbs and vinaigrette.

INGREDIENTS

5 ripe avocados
Juice of 1 lemon
4 scallions, white and green parts, finely chopped
Few drops Tabasco sauce
Salt and white pepper
1 pound white fish fillets
1½ tablespoons gelatin
3 tablespoons hot water
1 cup heavy cream
2 egg whites

METHOD

☐ Peel the avocados, combine them with the lemon juice, and purée. Transfer to a bowl. Add scallions and Tabasco sauce to the avocado purée and season with salt and pepper.

☐ Steam the fish until tender, remove any skin and bones, and cool. Flake the fish, and fold it into the avocado mixture.

☐ Soften the gelatin in the water and stir until dissolved. Beat the cream in a bowl until thick. Mix the gelatin into the avocado mixture and lightly fold in the cream.

☐ Whip the egg whites in another bowl until stiff, fold them lightly into the mousse and turn the mixture into a damp ring mold. Chill until set and unmold to serve. Serves 6-8.

Roast chicken with rosemary and marmalade

INGREDIENTS

2 teaspoons crushed rosemary
4 ounces butter
2 tablespoons orange marmalade
Salt, freshly ground pepper
1 3½-pound roasting chicken

METHOD

☐ Crush the rosemary with a pestle and mortar. Combine the rosemary, butter, marmalade, and salt and pepper in a blender or food processor and blend to a soft, smooth paste.

☐ Gently pry the chicken skin away from the whole of the breast meat with your fingers, trying not to tear it. Spread ½ the butter mixture under the skin and press it evenly over the breast. Rub the outside of the bird with the remaining mixture.

☐ Roast the bird in a preheated 400° oven 20 minutes, then reduce heat to 350° for 1 hour or until the bird is tender, basting frequently with the juices from the pan. Remove from oven and continue to baste every now and then as it cools. Carve the cold chicken and garnish with fresh sprigs of rosemary. Serve with defatted pan juices, mayonnaise, and pink mayonnaise. Serves 6.

Chicken and ham raised pie

INGREDIENTS

1 large chicken
1 onion, unpeeled and quartered
2 carrots, peeled and roughly chopped
1 stalk celery, roughly chopped
8 black peppercorns
1 chicken stock cube
Salt, freshly ground black pepper
1 bouquet garni
1 pound sausage meat
1 tablespoon brandy
1 teaspoon parsley, finely chopped
1 teaspoon sage, finely chopped
1 teaspoon thyme, finely chopped
2 cloves garlic, crushed
½ pound ham
½ pound bacon
24 ounces pâte brisée (plain pastry using 5 cups all-purpose flour)
1 egg, beaten
1 tablespoon plain gelatin

METHOD

☐ Remove the skin from the chicken and cut the meat off the bones. Mince or grind the meat from the chicken wings and legs and cut the breast meat into thin strips. Combine the chicken carcass, plus any trimmings, skin, and chicken fat in a large saucepan with the onion, carrots, and celery. Add the peppercorns and stock cube, season with a little salt, add the bouquet garni and cover with cold water. Bring to a boil, mix well, cover, and simmer 2 hours. Strain off the stock, let cool, and remove fat from the surface. Reserve.

☐ Combine the sausage meat with the brandy, parsley, sage, and thyme, in a bowl and season with salt and pepper and mix well. Add garlic and mix well again.

☐ Mince ham and bacon. Combine the ham and bacon with the minced chicken in another bowl and season with salt and pepper.

☐ Line a metal, hinged, 1½-quart pâté pan with ⅔ of the pastry. Press in ½ the sausage mixture. Cover with ½ the minced chicken mixture and top with strips of chicken breast. Cover with the remaining minced chicken, then sausage. Roll out remaining pastry, cover the meat mixture with it. Dampen the edges and press firmly together.

☐ Flute edges of the pastry with the back of a fork, decorate the top with pastry scraps cut in decorative shapes. Cut an air vent in the center of pastry and brush with beaten egg.

☐ Bake the pie in a preheated 400° oven 30 minutes, then cover the top with a piece of buttered wax paper and continue to bake at 325° for 2 hours. Let cool.

☐ Warm 1½ cups reserved chicken stock in a small saucepan. Add a little stock to the gelatin in a cup and stir until gelatin has dissolved. Pour back into stock and stir.

☐ Place a small funnel in the air vent on the top of the pie and carefully pour in as much of the stock mixture as the pie will absorb. Chill well, unmold, and cut in slices to serve. Serves 8-10.

Columbine

INGREDIENTS

4 pieces preserved ginger in syrup (available in gourmet shops)
4 tablespoons crème de cassis
2 teaspoons lemon juice
4 tablespoons water
½ pound black cherries
1 pint strawberries

METHOD

☐ Combine 1 tablespoon ginger syrup with the cassis, lemon juice, and water in a small saucepan and simmer 5 minutes; cool.

☐ Remove pits from black cherries; slice strawberries; finely chop the ginger.

☐ Combine cherries, strawberries, and ginger in 4 glass goblets, pour over the syrup, and chill well before serving. Serves 4.

(Continued on page 140)

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Offbeat buffet
continued from page 138

Salmon loaf

INGREDIENTS

¾ pound salmon
Small bunch fresh dill
Salt, freshly ground black pepper
1½ pounds puff pastry, homemade or readymade frozen puff pastry
2 eggs, beaten
3 tablespoons heavy cream
¾ pound long-grain rice, cooked
4 hard-boiled eggs, peeled
Melted butter

METHOD

☐ Cut the piece of salmon in half lengthwise (the bone should be removed if necessary). Place the dill in the center of the salmon, sprinkle the whole of the fish generously with salt and freshly ground black pepper, sandwich the two halves together and weight them down with a heavy board. Leave the salmon in a cool place for 6 hours. Remove the dill and cut the salmon into ½-inch-thick diagonal slices.

☐ Divide the pastry into 2 pieces, one a little larger than the other. Roll out smaller piece on a floured board into a rectangle about ½-inch thick.

☐ Reserve 1 tablespoon of the beaten eggs and beat the rest with the cream in a bowl. Add the rice and mix well. Place ½ the rice mixture on the pastry, leaving a 1-inch margin around the edges. Top with salmon, then the hard-boiled eggs in a line down the center and cover with the rest of the rice mixture forming it into a neat loaf. Pour over 1½ ounces melted butter.

☐ Roll out remaining pastry, cover the pie, dampen the edges, and crimp them firmly together. Cut an air vent in the top and brush the pastry with the reserved beaten egg. Bake the pie in a preheated 450° oven, 30 minutes, until puffed and golden brown.

☐ Cool about 10 minutes before cutting into slices and serve with extra melted butter, or leave to cool and serve as a picnic or buffet dish. Serves 8-10. ■

Garden in soup bowl
continued from page 123

ture as does the liquid in the can; if not particularly fond of that texture, drain the mushrooms before adding to soup.

☐ As soon as soup boils, remove immediately from heat and serve in individual lacquer bowls garnished with sliced scallion tops. Serves 6.

Shrimp clear soup

INGREDIENTS

6 large shrimp
2 teaspoons salt
1 teaspoon soy sauce
½ teaspoon MSG (optional)
6 cups clear soup stock
Scallion tops, thinly sliced
Lemon zest

METHOD

☐ Shell shrimp except the tail and cut the body into 4 thin strips lengthwise, leaving them all connected to the tail section.

☐ Bring a pot of water to the boil and add the shrimp. Remove them as soon as water returns to the boil and shrimp have turned pink. Put 1 shrimp in each of 6 individual lacquer bowls.

☐ Add salt, soy sauce, and MSG to soup stock in a saucepan and bring to a boil. Immediately remove from heat and pour over shrimp in the bowls. Garnish with scallion tops and a piece of lemon zest. Serves 6.

Clam clear soup

INGREDIENTS

1 dozen small clams
2 scallions
7 cups water
1 teaspoon salt
½ teaspoon soy sauce
6 slices or dime-sized rounds lemon or lime zest
7 Japanese spices, Shichimi (a common Japanese condiment to use just like pepper—a blend of chili, pepper, seaweeds, white and black sesame seeds, and orange zest.)

METHOD

☐ Wash clams very well under running water. Cut scallions including green tops into 2-inch lengths, and then cut lengthwise into shreds. Bring the 7 cups water to a boil in a pot and add clams. Cook just until shells open. Remove clams one by one as soon as they open or they will toughen. Remove clams from shells, then swish clams quickly in the cooking liquid to remove all the sand. Reserve a few shells to garnish finished soup.

☐ Discard the foam from the top of the cooking liquid and strain through several layers of cheesecloth to catch the sand. Measure 5 cups of the broth and put it in a saucepan. If there is not enough broth, add water to make 5 cups. Add salt and soy sauce to broth and bring to a boil.

☐ Arrange 2 clams in each of 6 individual Japanese soup bowls, with shredded scallions, lemon zest, and 1-2 clam shells, if desired.

☐ Pour hot broth over, cover with soup bowl lids. Serve with Shichimi. Serves 6.

Clear soup

(See page 89)

INGREDIENTS

6 red radishes or small white turnips
1 bag fresh Enokitake (Japanese mushrooms) or 1 can
2 fresh mushrooms
1 scallion, green part only
5 cups clear soup stock
1 teaspoon salt
1 teaspoon soy sauce

METHOD

☐ Wash radishes and cut off the tops and bottoms to make them stand up. Cut 5-6 incisions from the top, but not cutting through entirely. Turn radish 90 degrees and cut the same way again to look like a checkerboard. After cutting, put radishes into a bowl of ice cold water for at least 30 minutes.

☐ Wash Enokitake briefly and cut off the bottom 1-2 inches and separate them. Slice fresh mushrooms very thin. Cut scallion green into very fine long strips.

☐ Bring a pot of water to a boil and blanch radishes with a little salt 5-10 minutes. Take out very carefully and put in each of 6 individual lacquered soup bowls. Put a few Enokitake in each bowl.

☐ Heat soup stock in a pot and add salt and soy sauce. Bring to a boil and immediately pour the soup very carefully over the radishes and Enokitake. Garnish with a slice of mushroom and a scallion strip. Cover with bowl top, serve. Serves 6. ■

Water power
continued from page 82

also has hers set in an outdoor deck (see the pictures on page 82). Interior designer Robert Miller's tub is in the garden, surrounded by trees and a bamboo fence. Leon Elder, author of *Hot Tubs* (Vintage), a guide to building and maintaining your own hot tub, has an old wine vat for a tub. ("We sit in it and ferment," he says happily.) Dress designer Adri Steckling has installed a fiberglass pool in her eleventh floor loft. ("At first I thought they were for old people," she says. "Now I've tried it, I realize they're fun, and very refreshing.")

Recently, hot tubs have been making news headlines. Here are some interesting statistics from the *Wall Street Journal*. The newly formed American Hot Tub Association estimates hot tub industry sales last year at 15,000 units, up from only 5,000 in 1976. More than 30,000 are expected this year.

There are all sorts of ways to enjoy water-health, with whirlpool jets, cold shower sprays, and warm water simply to exercise in. It's like having a pool, only you don't swim lengths. "The children love it," says Thomas Williams, who originally bought his tub to use after jogging. "They can play in it for hours. Then I jump in after work and put the temperature up for quick relaxing." Some people like to immerse themselves up to the neck in water as hot as 110 degrees. A cold shower or spray jet soon sets the muscles tingling and they are ready to face the world again.

"When you talk about bathing in our culture today, you are talking about learning to relax," says Elizabeth Freeman, who works for *WET Magazine*, "the magazine of gourmet bathing." (*WET* was started as a newsletter two years ago by photographer Leonard Koren, who has made a name for himself by photographing unusual bath environments.) "The tub is a lovely social

Continued on page 142

How Anne Towey got Slender and stayed Slender.

Anne Towey is a long-legged, statuesque brunette—almost 5'9" tall. Her eyes are remarkably large and violet-colored. She's soft-spoken but she laughs more often now. Ever since she lost 93 pounds with the help of Slender® diet food. It took almost a year for Anne to go from 243 to 150 pounds but she had Slender and that quiet Aries determination.

"I'd been heavy since grade school," Anne says. "Just look at that picture I sent you. I always wore a sweater even in the summer, even over a short-sleeved dress!

"Before I started on Slender I ate constantly. I would eat my three meals a day but that wasn't what put the weight on. It was the constant in-between-meal snacks and I do mean constant...the 10 o'clock coffee break wasn't a coffee break; it was a buttered roll or bagel or a piece of cake. The two o'clock break was a package of cookies or a candy bar and a soda. The before-bedtime snack was ice cream with chocolate sauce or maybe a pizza.

"Well, one day I went shopping and I saw Slender and I thought, gee, if I take one for lunch maybe that will help. So I started with just lunch and in about 2 weeks I had lost 8 pounds! So I thought, my goodness, what if I had Slender for dinner what would it do? Before I knew it I was on three cans a day and sometimes I took the fourth can at night if I was hungry. When I went back to solid foods I ate mainly meat, vegetables, salads, that sort of thing. But what amazed me was when I was on Slender—and even though I'm a fanatic for sweets, for chocolate, ice cream, everything—as long as I stuck with the Slender I was all right. I didn't have that craving. It was gone and I no longer have it."

Anne, who went from a size 22½ to a size 14, has maintained her new weight for 2 years. She admits she backslides.

"If I gain 4 or 5 pounds," she says, "I go right back to Slender twice a day—breakfast and lunch and then I eat dinner."

Slender, it seems, changed more than Anne's figure. "I feel more confident now," she says, "and I think that reflects in a person's job performance. I'm a little more secure. Before, I would never cross anybody about anything—or question anybody about why they were doing something because I didn't have the self-confidence and I didn't want to draw attention to myself. Now I'm kind of my own person and I do what *I* feel is right.

"Look," she continues, "I tried them all. I tried Weight Watchers.

I tried Metrecal. I tried grapefruit and Stillman's but Slender worked for *me*."

Anne Towey is yet another Slender success story. And it all started when she reached out for Slender at her market. Slender liquid, Instant Slender and new Slender Diet Meal Bars are all so delicious, they're a diet Anne Towey was able to stay with—and so can you. Just get Slender and get started.

And know what? We'd sure like to hear from you.

Ask your doctor before starting any program of weight reduction.
© Carnation Company 1978

Slender® diet food for weight control from Carnation

Water power
continued from page 140

occasion," she explains. "People are much more open and friendly together. It's informal. You can't be inhibited. It's too much fun."

You may not have thought of the tub as a social event, but that is what's happening. Besides your own private therapeutic experience, more and more people are finding that soaking in the tub is a pleasure to share with others. "People may be nervous if it's their first time in, but soon it becomes the most natural thing in the world," says Leon Elder. Mr. and Mrs. Thomas Williams agree. "At the end of the day, we all sit around in the water to talk and exchange our thoughts of the day. It's a fine family experience."

People are now becoming experts at giving a tub party—the new way to entertain. A good host sees that the water is properly chlorinated before guests arrive, so they can plunge right in. It is generally considered bad taste to perfume the water, say the connoisseurs—but it's quite all right to use eucalyptus oil or rosemary, both of which have a pleasant natural smell and are also thought to help reduce bacteria in the water. Another imaginative touch is described by Elizabeth Freeman: "I went to a party where the host provided mineral water in a beautiful pitcher by the tub for his guests." She also suggests "watery fruits, such as melon wedges, grapes, or orange slices on a floating tray or in a wooden bowl. Your guests will really appreciate that." A thoughtful gesture on the part of a guest, when arriving to enjoy a friend's tub or soaking pool, is to shower first—be clean before you bathe, which is the Japanese custom.

First-time tubbers still ask the one big question: Do you wear clothes at a tub party or is it strictly down to basics? There seems to be no clear answer to this. As far as can be gathered from research, it is up to the individual owner, host, or guest—though it is probable that the principle of group uniformity applies. In other words, you might feel a little exposed wearing the only birthday suit in a tubful of swimming costumes. True friendship, however, and the agreeableness of the occasion, usually overcome such hurdles by the end of the water-party.

If you are thinking of installing your own energy tub in your garden, basement, house, loft, or rooftop, you can find hot tub and whirlpool bath manufacturers in your Yellow Pages. There are also all sorts of kits available, costing around $300 up, or you can have one professionally installed. You will need a heater, filter, pump, pipe, fittings, and water—and a small space, for the average tub is about 6 feet wide and 4 feet deep. Some people are using solar energy to heat their tubs. However you do it, you'll find that the water at your fingertips will be a constant refresher and energizer.

Sixty-five percent of our body weight is water; and according to Elaine Morgan in her book, *The Descent of Woman*, the human race was in fact once an aquatic species—so perhaps we are all once again rediscovering our water-sense, and will be able to move through life making a happier, healthier splash. ■

Pleasure of being strong
continued from page 90

strong. "We take for granted that the heart is a muscle, but we should understand that our blood vessels contain muscle, too. Aerobic exercises and good breathing techniques strengthen the heart, diaphragm, and abdominal muscles and help the spine take its proper alignment. With exercise the heart and vessels get oxygen and nourishment to the cells more easily. Preventive medicine's best tools are exercise and good nutrition." Here are two things Dr. Dardik suggests you do to get started on a pleasure-giving program:

1. Determine your body's specific exercise needs and goals by having a stress-test at any one of the new centers popping up all over the country. Your internist may help you find one.
2. Find the sport that best suits your temperament, outlook, and, yes, pleasure—and keep with it. Running and jogging are *not* the only solutions. Knowing your needs and finding the right fitness program can improve metabolism and develop internal as well as external strength.

The more complex an organism, the more necessary movement becomes. Action keeps you young and vital; good muscle tone means fewer wrinkles. Being in better shape means feeling good, and that's a pleasure. ■

Brain food
continued from page 88

ness, for example, from a lack of vitamin C, and loss of appetite from too little thiamine B1. It is important to realize the richest sources of these substances. Vitamin B1, thiamine, is best obtained from pork, liver, yeast, and whole-grain cereals. Vitamin B2, riboflavin, is found in milk, egg white, kidney, heart, or liver, green vegetables, and germinated seeds. Niacin or nictonic acid is best obtained through wheat germ, liver, heart, kidneys, and brewer's yeast. The richest sources of vitamin C are fruits, especially citrus, vegetables, and liver. High levels of pantothenic acid are found in liver, kidney, yeast, egg yolk, and vegetables. Biotin is best gained through egg yolk, liver, and yeast. Folic acid is in all vegetables, fruit, liver, and yeast. The richest source of vitamin A is liver in animals and fish.

with vitamins A and C are essential to brain function, excessive amounts, known as megavitamin therapy, will not improve mental disposition, except in rare metabolic diseases in which vitamins are poorly absorbed or utilized. Ideally, all vitamins should be obtained simply through good nutrition. With our style of life, this is not always possible. We are victims of "fast food" habits. Also, some of our food may take time to get from farm to table. Or it may be overcooked. Whatever the reason, vitamin content may be decreased. Today, for good health, doctors and nutritionists recommend vitamin supplements. Infants and children need them particularly to help proper brain development. Elderly people, who absorb vitamins poorly, will benefit with additional intake. Nutritionists advise taking three or four times the minimum daily requirement of B complex and C. (MDR is always clearly labeled on the vitamin bottle.) With these water-soluble vitamins, the body simply excretes any excess. So there is no danger of toxic amounts building in cell tissue.

THE POWER OF PROTEINS: In the process of using vitamins to grow and function normally, the brain also produces some fascinating proteins, formed from the breakdown products of protein food we eat—for example, meat, fish, poultry, eggs, and dairy products. These are resynthesized into substances that affect the mind. The first indication of protein affecting mental condition was discovered some years ago, when it was found there were protein particles in the blood of sleeping animals. Injections of these particles or peptides caused sleep in active animals. At that time, it was not known that this chemical was actually created in the brain. Only recently in 1975, when Dr. Hans Kosterlitz of the University of Aberdeen in Scotland published a report, was it understood that these peptides are produced to a large extent by the brain's pituitary gland. Two of these proteins, endorphin and enkepalin have now been isolated and synthesized. A sheep brain protein, betaendorphin was synthesized by Nobel prizewinners Bloom and Guelmin at the Salk Institute in 1976. Studies done so far indicate that injections of these substances act as a major tranquilizer and pain killer, with an effect that is longer lasting than morphine. They offer a very dramatic hope that eventually a natural product of the body will replace artificial chemical medications such as morphine, sleeping pills, and tranquilizers.

Other brain proteins have been found effective in increasing memory and learning. Recent experiments at the Salk Institute have found that a hormone protein extract of the pituitary gland called MSH (melanin stimulating hormone)—the same hormone that stimulates the pigment of the skin—can improve memory. Injections of it have enabled people to concentrate and learn better and have decreased their anxiety.

In other studies, done by Richard Wurtman, Professor of Endocrinology and

Continued on page 164

SHOPPING INFORMATION

PRICES APPROXIMATE, state and local taxes additional. *Consult your interior designer or department store decorating service.

COVER
Sofa: 85" x 40" x 35" h. $1,210 COM. By Heritage. **Armless chair:** 26" x 22½" x 28½" h. $253 COM. **Baker's rack:** 40" x 16" x 73" h. Pewter finish wrought iron. Two tiled shelves. Two smoked glass shelves. Brass finials and supports. $599. From the Chartwell collection. Both by Drexel.
"Pajaros" cotton fabric: 54" wide. 36" repeat. About $14.50 a yd. Companion wallpaper available. From Schumacher.*
Weldwood Hometown Southern Pine textured plywood siding: Unfinished panels, 4' x 8' x 19/32". $22 each. By Champion Building Products. At building materials dealers.
"Decorator" urethane beams: 6-18' long. About $1.50 a lineal foot. By Barclay Industries. At building suppliers and lumber yards.
"Wool Delight" custom flat weave wool area rug: From Stark Carpet*, NYC 10022. **Arched wicker coffee table:** 20" x 46½" x 17" h. By Larry Peabody for Diversified Design Industries. $309. At W & J Sloane, NYC 10018.
Drop-front wicker trunk: 34" x 18" x 17½" h. Natural finish. Brass fittings. At Walters Wicker Wonderland, NYC 10022.
Tent-shade pharmacy lamp: Brass finish. Adjustable height. $161. By Koch & Lowy. **English Spode platters. Lacquered apple box. Tôle tray.** All from John Rosselli Antiques*, NYC 10021.
Pottery crocks: Chicken pecking corn design: 10½" d. x 10½" h. $185. Crock with leaf-decorated lid: 8" d. x 10¾" h. $100. **Striped basket and top:** 20" d. x 16" h. $65. All at America Hurrah Antiques, NYC 10021.
Marquetry checkerboard wooden box: 16" x 9¼" x 6½" h. $285. **Antique striped wool blanket:** 68" x 78". $245. Both at Thos. K. Woodard American Antiques & Quilts, NYC 10021.
Polished brass rosette pulls (on louvered door): 1¾" d. $32 a pr. At William Hunrath, NYC 10022.
Paint: "Ful-Shield" latex flat enamel (on walls). $12.50 a gallon. Floor and Deck Enamel (on floor). Both by Fuller-O'Brien.

THE ENERGY TUB
Pages 80-81
Hamm: Pacific Hotbath, 814 San Antonio Rd., Palo Alto, Calif. 94303
Hellman: Majlar Corp., 23730 Malibu Colony, Malibu, Calif. 90265
Ladd: A & R Construction, 1537 Amalfi Dr., Pacific Palisades, Calif. 90272
Pages 84-85
Griffiths: The California Hot Tub Co., 3551 Haven Ave., Menlo Park, Calif. 94025
Aldrich: Malibu Spa & Pool, 22333 West Pacific Coast Hwy., Malibu, Calif. 90265
Horwich: "Gibraltar Two" by Riviera Spa, 11735 Sheldon St., Sun Valley, Calif. 91352
Pages 80-85
Towels beside Hamm, Bill, and Horwich spas: "Royal Classic" cotton terry towels: Bath size, about $6. By Cannon. At Rich's, Atlanta 30302.
Towels beside Hamm and Chew spas: "Gentry" buttercup cotton/polyester towels: Bath size about $7.50. By Burlington Domestics.

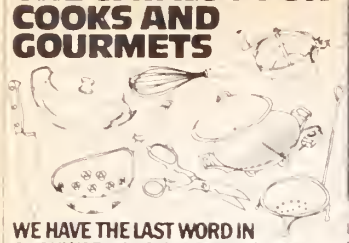
ENERGY DYNAMICS
Pages 86-87
"Vanessa" cotton/polyester sheets: Full, about $12. Pillowcases, about $8.50 a pr. Ruffled shams, about $22 ea. Full comforter, about $80. By Geoffrey Beene for Fieldcrest.
Rug: "Cross" quilt, c. 1900. $110. At Thos. K. Woodard American Antiques & Quilts, NYC 10021.
Stacking plastic boxes on casters: 15" sq. x 19½" h. $44 a pr. From Beylerian*, NYC 10021.
Swivel-base television: 12" black and white. #XB 2457VY. $125. By General Electric.
Red lacquered Chinese table: 12" x 10" x 18" h. $550. **Octagonal red lacquered table:** 21" x 24" h. $705. **Glazed ceramic vase:** 10½" h. $285. All from Paul M. Jones*, NYC 10022.
"Malden" silver frame: 5" x 7". $12.50. By Aucello Silver. At Bloomingdale's, NYC 10022.
Pharmacy floor lamp: 36"-48" h. Polished chrome or brass. $55. By Alsy.
Nested red lacquered tables: 16"-20" wide. 19"-21" h. About $350. By Roe Kasian. At Bullock's, L.A. 90055; Lord & Taylor, NYC 10018; Woodward & Lothrop, Washington, DC 20013. **Handmade plaid pottery plate:** $20. At Diane Love, NYC 10021.
Pink rayon chemise: From a collection of antique lingerie. $35-$85. At Henri Bendel, NYC 10019.
French jelly glass: 14 oz. $1.25. By Faroy Sales. At Hubert des Forges, NYC 10028; The Silo, New Milford, Conn. 06776; Village Hallmark Shop, Chicago 60657.

GARDENS FOR LIVING
Page 100, upper left and page 101 lower left
"Les Legumes" cotton children's dresses: 2-12 yr. sizes. $75-$90. **"Les Legumes" cotton placemats:** 15" d. $10 ea. **Green cotton tablecloth:** 72" round. Wavy edge. $90. **Red napkins:** 16" sq., $8.50 ea.
Page 101, top
"Les Citrones" hand Beauvais embroidered white linen tablecloth: 96" round. Ten 20"-sq. napkins. Set, $2,500. **Yellow porcelain bud vase:** $16.
Page 102, top
Lining in armoire: "Blue Carnation" cotton: 94" wide. $46 a yd. **Heart-shaped sachet:** Lavender filled. $19. **Bath sheets:** 48" x 60". $72. **Bath towels:** $39. **Hand towels:** $15. **Washcloths:** $10.50. **Cotton percale guest towels:** $17.
Page 102, lower left
Cotton fabric on walls: Pattern #5434C. $46 a yd. **Matching bath towel:** Scalloped edge. $43. **Carry-all bag:** 12. **Hanger:** $11.50. **Ruffled wicker basket:** $35. **Covered tissue box:** $14. **Wastebasket with foot pedal:** $50. **Quilted terry floor covering:** $99 a sq. yd. **"Des-habillé" polyester satin bathrobe:** Satin trim. Sizes 38-44. $170.
Page 103, top
"Blue Carnation" quilted valances: 14" drop. $135 a yd. **"Blue Carnation" quilted panel curtains:** 68" wide by 108" long. $535 a panel. **"Pompidou" queen flat sheet:** $136. **Pillowcase:** $69. **White queen fitted sheet:** $35. **"Shell" pillowcase:** $76. **Green heart-shaped pillowcase:** $46. **Dacron-filled heart-shaped pillow:** $12. **White goosedown comforter:** Square tufted. Satin cotton cover. $540. **Wooden tray on stand:** "Double Blue Polka Dot" lining. $150. **"Double Blue Polka Dot" bone china:** 5 pc. place setting, $63.
Page 103, lower left and page 101, lower right
"Lucky" cotton tablecloth: 72" sq. Wavy edge. $73. **Napkins:** 16" or 20" sq. $9.50 ea. **"Lucky" bone china:** 5 pc. place setting, $63. **Quilted tea cozy:** $68. **Covered toast basket:** Metal divider. $70. **Lined wicker basket:** $35.
Page 103, lower right
"Blue Veronique" cotton tablecloth: 72" x 90". Wavy edge. $140. **Scalloped placemats:** 15" d. $16 ea. **Napkins:** 16" sq. $16. **"Blue Veronique" bone china:** 5-pc. place setting, $63. All by Porthault. At Porthault, NYC 10022; Shaxted, Chicago 60611; The Staircase, Beverly Hills 90210, The Gingham Garden, Dallas 75205; Lenore Linens, San Francisco 94111.

SERVING UP SUMMER
Pages 128-129
1. White canvas umbrella: 7-foot sq. Wood structure. $200. By Gere Kavanaugh/Designs. From Terra Furniture. At Mayhew, NYC 10022; Bullock's, S. Calif. & Arizona. **Cotton fabrics: Tablecloth:** "Super B". **Pillows:** "Giant Basket". **Napkins:** "Petit Fleur". All, 54" wide. About $27 a yd. Geraldine Fabrics by Gere Kavanaugh/Designs. From Jack Denst Designs*, Chicago 60654; Thomas Nevins Associates*, San Francisco 94111. **2. Footed cutting board:** 11½" sq. $16. **Cotton napkins:** 18" sq. $2 ea. **Zanger rosewood-handled knives:** Bread, $9. Butter, $5. **"Columbia" stainless steel flatware:** 5-pc. place setting, $35. **Butter plate:** $5. Both by Wilton Armetale. **Carved napkin rings:** $1 ea. **French jelly glass:** 14 oz. $1.25. **Wicker placemat:** $2. **Handmade ovenproof porcelain: Dinner plate,** $18. **3-qt. polka-dot bowl,** $20. **8-oz. mug,** $7.50. By Joseph Detwiler and Lorene Nickel. **Pottery jug with brown top:** 3-qt. capacity. $15. By Cornwall Bridge Pottery. **Enameled coffeepot:** 1½-qt. capacity. $14.50. **Wooden mustard pot with spoon:** $3.50. **Peugot salt and pepper grinders:** $9 ea. **Wood salad utensils:** $3 a pr. All at The Silo, New Milford, Conn. 06776. **3. "Prism"**

Continued on page 164

THE CATALOG FOR COOKS AND GOURMETS



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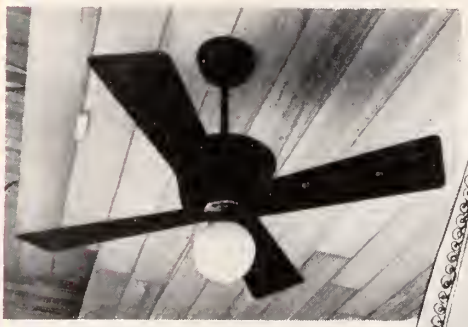

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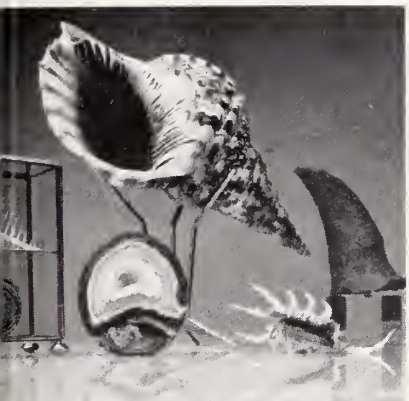

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TABLE FASHION NEWS

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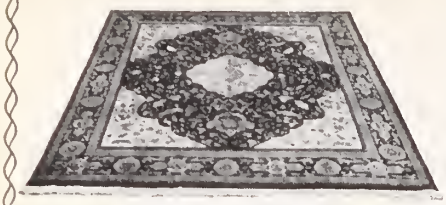

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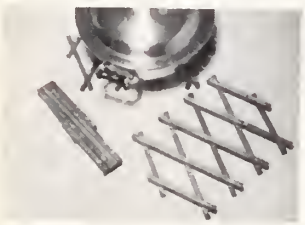

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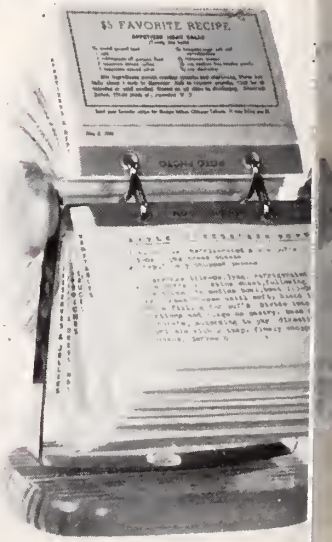

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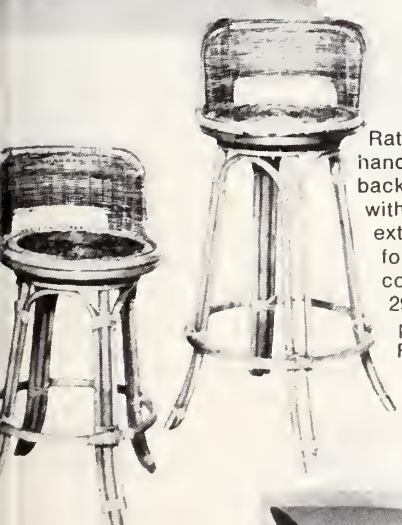

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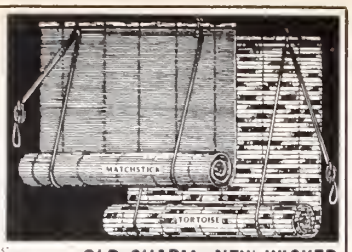

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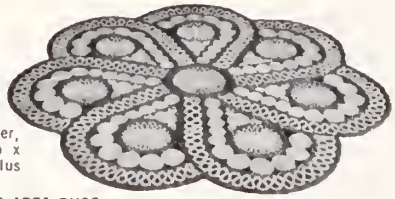

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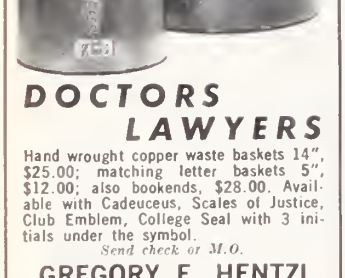

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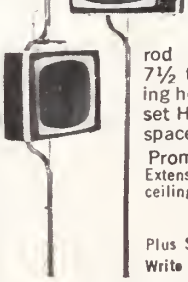

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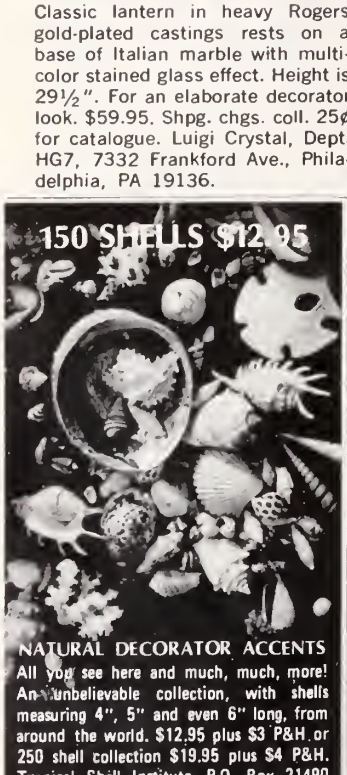

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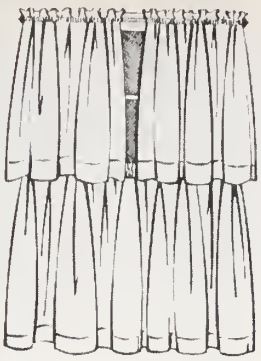

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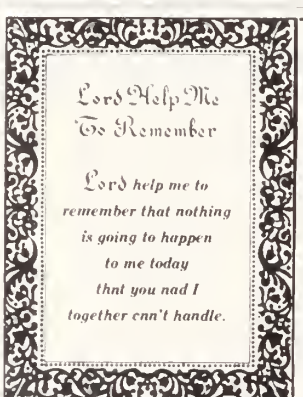

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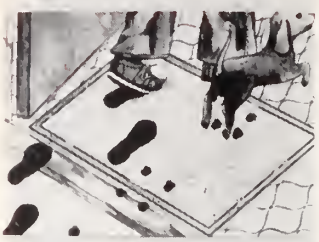

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Specially treated to draw dirt, mud, snow from shoes like magnet! Place Wonda Mat® inside door and rugs, floors stay clean of damaging grit. Machine washable, 24" by 18", non-skid ribbed foam. Never needs retreating. $3.98 ppd. Walter Drake, HG80 Drake Bldg., Colorado Springs, CO 80940.

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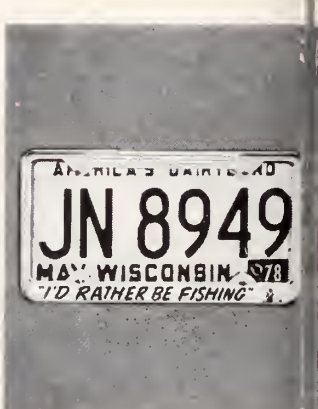
Stands upright when spike pushed into ground. Holds clubs; only 2 lbs. Pockets for balls, card/tee, garment. Was able vinyl: black, blue, brow green, red, or yellow. $29.95. A $2 post. Free brochure. Chuck-Roo®, HG7, Box 173, 1466 Ne Holland Pike, Lancaster, PA 1760

CONTACTS' HIDEAWAY
Distinctive personalized brass case keeps lenses and lens solution in one place for wearer's convenience. Contains mirror, two lens pockets, bottle for lens liquid. 2" by 2" by ½". With initials only, $6.95; 3 line address, $7.95. Post. 35¢. Bruce Bolind, HG7, Bolind Bldg., Boulder, CO 80302.

CREATIVELY YOURS
There's a variety of stimulati ideas featuring maple hardwoo as country-style dining table work tables, mobile carts, shel ing, benches, counter tops. All a shown in a 44-page catalogue 50 From Butcher Block & More, HG 1600 So. Clinton, Chicago, 60616.

GROOM THE BATH
There is no need to have ugly cracks and openings around your tub, sink or basin. Seal them up with self-sticking tape. Merely press tape on clean, dry surface, 11 foot roll, $2.98 plus 60¢ postage. Order from Anthony Enterprises, HG7, 67 Second St., San Francisco, CA 94105.



FOR THE SPORT OF IT
Wouldn't you "rather be golfing, ". . . skiing," ". . . boating," ". . . fishing," ". . . hunting"? Licens frames let the world know you preference. Colorful chrome-plate metal attaches easily to licens plate. Specify choice from abov $3.39 each, ppd. Miles Kimbal 100 Bond St., Oshkosh, WI 5490

VARDING PROJECT
emble an elegant 18th-century
er tray table. Kit: solid ¾"
ry table, apron, drop leaves,
enings, hardware. Pre-cut and
oth-sanded both sides to fit
ectly. Assembled models also.
furniture kit brochure $1, write
t. FS, Emperor Clock Co.,
hope, AL 36532.

ENDURING GREENERY
Lasting beauty of preserved Boston fern will grace your home indefinitely. Chemically treated plant needs no water or light. Lush fronds spread to 3'. White pot, detachable hanger. $14.95. Plus $3 post. Catalogue $1. Bloomin' Attic, Inc., Dept. HG7, 418 So. Washington, Royal Oak, MI 48067.

MMER THONG
nt on your feet thong is smartly
satile to blend with all resort
r. Colors: green, pink, red,
e/cocoa, bright blue, yellow,
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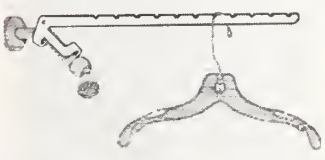
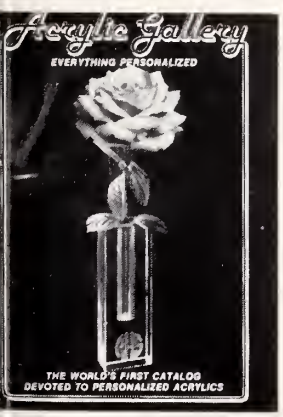
de leather-look vinyl. Sizes 5-10
cept 9½). $6.50 plus $1 post.;
$14 ppd. Resorters Unlimited,
78, Box 6, Bay Head, NJ 08742.



HANDY HANG-DRYER
For travel or home use, a sturdy dryer to hold all your washables is a great help. Hooks onto any showerhead, notched shaft holds 11 hangers. Steel construction, rustproof vinyl finish. $3.25; two $6. Add 50¢ post. American Century, HG78, P. O. Box 36277, Los Angeles, CA 90036.



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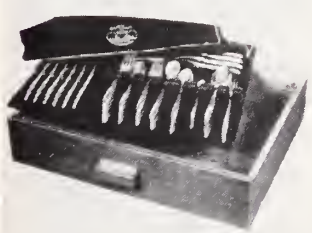
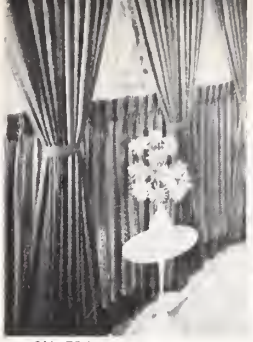


SILVER PROTECTION
Tarnish-proof Pacific Cloth drawer pads made by Gorham. Prevent tarnish and scratching! 11¾" by 15" by 2½" holds 100 pieces, $9.95; 17½" by 13⅞" by 2½" holds 125 pieces, $10.95. Add $1.25 post. each. Barrington Specialties, HG-7, Box 154-G, Barrington, RI 02806.



SHEERS & SEMI-SHEERS

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During our between-season lull 3 kinds of discount savings for people of different speeds

DISCOUNT IF YOU ORDER BEFORE SEP. 30 — 33⅓%

DISCOUNT IF YOU ORDER BEFORE OCT.15 — 20%

DISCOUNT IF YOU ORDER BEFORE OCT.31 — 15%

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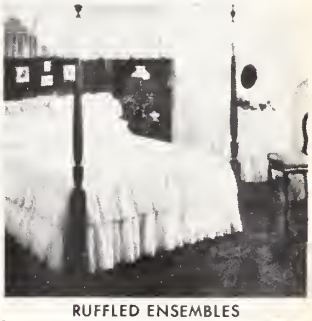

RUFFLED ENSEMBLES

TEXTURES/PATTERNS

Normally, buying direct from Ronnie, you'd save up to 40% on Bedspreads and Draperies. Right now — is our between-season lull and our workrooms are at their slowest pace. By acting now you can save an additional 33⅓%. Procrastinate a fortnight—when we start to get busy — and you earn only 20%. Stall for a whole month and you pick up a mere 15% savings. Be quick, be alert. Get that coupon in the mail now!

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Our ingenious shade-maker provides dramatic good looks, strength, and portability. Vibrant yellow canopy is coated nylon taffeta with orange trim. Frame is sectioned tubular aluminum. Fast to set up, easy to transport, made to last. Shields four people comfortably.
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Real leather relaxes tired feet as nothing else can. Uppers are woven of supple leather thongs in never repeated patterns. Sturdy leather soles wear like a shoe. This is the original "air conditioned" sandal, the finest made. Natural beige only.
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If, in addition to our free catalogue you wish to get our booklet containing over 20,000 names for which we have records of coats of arms and for which this jewelry is available, plus instructions on "how to design your own coat of arms". SEND US $1.00 (deductible from first order).
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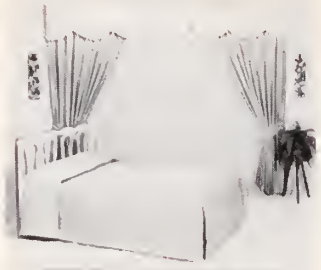
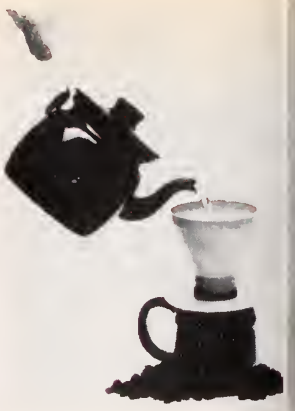


DESIGNER TOUCH

Treasured fabrics beautifully enhanced with quilting design. Elegance for the bedroom with a bedspread made to exact measurements from your material, quilted in attractive "Promethean" design. Kit, color brochure, $1. Carolina Studios, Dept. EHG-78, Box 191, Southern Pines, NC 28387.



ALWAYS FRESH

Use the Brew-A-Cup to savor r coffee brewed fresh whenever y want it. Just add regular-grind c fee to Brew-A-Cup to make one c at a time. No paper filter. Polyp pylene; dishwasher-safe. $3. plus 40¢ post. June's Corner, IE 6333 Belair Rd., Baltimore, M 21206.

WHO'S TO KNOW

Burglars or other would-be malefactors will bypass premises having a warning decal advertising an alarm system. Self-adhesive vinyl stickers are bright yellow and green. Set of four, $1.98 plus 35¢ post. Anthony Enterprises, HG7, 67 Second St., San Francisco, CA 94105.

CHIMNEY INITIAL

Big bold chimney initial adds elegant touch to your home. A great under gable, on the gara door; indoors on fireplace, or rec ation room wall. Satin black bak enamel; rustproof. Specify initi 24" $31.95; 16" $14.95. Add post. Bruce Bolind, HG7, Bolj Bldg., Boulder, CO 80302.

BACK-UP ALARM

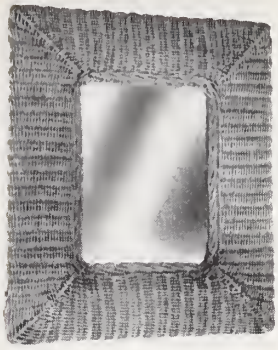
Perfect for any vehicle. Sounds a distracting bird-chirp alarm as you look behind before backing up. Waterproof, solid state, easy installation. Bracket attaches under body, out of sight. 3¼" by 2½" by 2⅜". $19.95 ppd. C&J Lee Company, HG7, 55 Sutter St., #304, San Francisco, CA 94104.

WILD, WACKY SLOGANS

Choose any message up to 30 l ters—it's printed on cotton swe shirt or T-shirt. Machine washab non-fading printing. Navy or po der blue. S, M, L, XL. Sweatshi $7.99, T-shirt, $5.99 ppd. $2 ex for printing both sides. Free ca logue. Holiday Gifts, Dept. 307-E Wheat Ridge, CO 80036.

RM RACKET GRIP

bsorb perspiration from hand ith unique stretch tennis handle over. Grip–It™ quickly slips on or ff racket grip. Washable, reusable, on't twist, protects leather. For ll racket sports. White, blue or rown. Two, $3.99 ppd. F & H porting Goods Co., HG7, Box 065 H, No. Brunswick, NJ 08902.



WHO'S THE FAIREST

Regency mirror looks attractive in any type of room decor—creates an impression of spaciousness. Handwoven of natural rattan, rectangular mirror is 20" w. by 23" h. $29.95 plus $4 post. Painted white add $5. Catalogue, 25¢. Fran's Basket House, Dept. HG7, Rte. 10, Succasunna, NJ 07876.

RECA PALM

hemically preserved to remain greenhouse" fresh with no water, ght or care. Palm comes in pa- ier mache container that can be et in any basket or planter. 3½ t., $34.95; 5½ ft., $49.95; 6½ t., $59.95. Add $3.50 post for ach. Casual Designs, 325 S. Wash- ngton, Royal Oak, MI 48067.

NAVAJO REPLICA

Harmonious blend of ivory ground with rust, gold and brown accents. 2′ by 3′ $19.95; 3′ by 5′ $34.95; 4′ by 6′ $49.95; 6′ by 9′ $89.95 Ppd. Other designs, also Oriental and Scandinavian rya rugs in full color catalogue $1. Peerless Imported Rugs, GE78, 3028 No. Lincoln Ave., Chicago, IL 60657.

NEVER TO RETURN

For the female who has unwanted hair on face, arms, legs, we propose Perma Tweez. Battery operated device removes hair permanently and with professional results, does not puncture skin. $16.95 ppd. General Medical Co., HGE-80, 1935 Armacost Ave., W. Los Angeles, CA 90025.

THE BEST IN BRASS

Deluxe handcrafted brass bed with unique rounded top, white ceramic knob trim reflects late 19th century French influence. Heavy wall brass tubing, castings. Custom frame system available. Send $3 for catalogue (refundable with order). Joao Isabel, HG7, 120 East 32nd St., New York, NY 10016.

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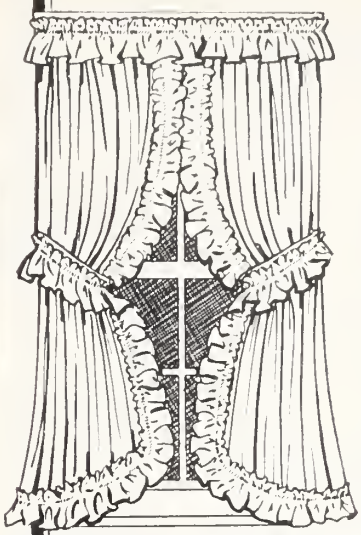

No Iron Muslin

Charming reproduction from Provincetown, Cape Cod. Extra full 3" French headed ruffles. Extra wide 80" to the pair with attached valance. 35% cotton, 65% polyester, in natural or white. Machine wash/dry, no iron.

Tiers
24", 30", or 36" lg. **8.50 pr.**

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TOWEL-IN-THE-ROUND

Clever, circular towel has center tab that fastens into a loop, to drape softly into a circle. Hangs onto range, refrigerator, kitchen cabinet—anywhere you need it. Absorbent, quick-drying terry with a bright herbal design.

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Get an eyeful of all the Natural Beauties that can add to your collection or decorating schemes. Explore our fascinating illustrated catalog of Shells, Fossils, Minerals, Indian Artifacts, Display Stands and Books 50¢.
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The SAFE 2-Way PET DOOR

Much safer than any solid hinged type panel door. Your pet is completely protected. He cannot be trapped or choked or have his tail sheared off.

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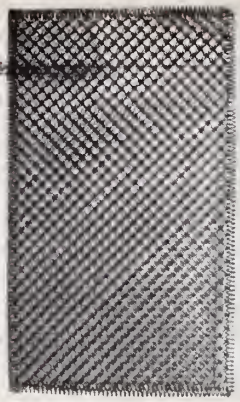
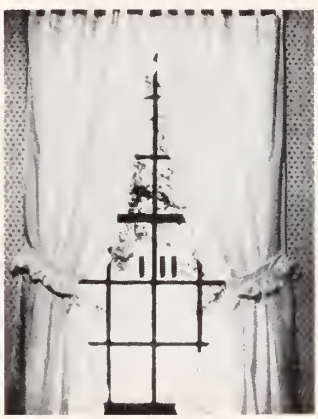


ENTRANCE MAT

Scrape shoe soles clean on metal multi-purpose matting. High-grade steel wire with heavy duty galvanized coating. "Numat" is rust resistant, dries quickly. Long lasting, it never needs cleaning. 16" by 28". $9.95 plus 95¢ post. Century Gifts, HG778, Center Hill Rd., Copake, NY 12516.

PLANT DOLLY

Heavy plants can be easily moved on dolly that holds up to 120 lbs. Natural wood platform is supported by three sturdy swivel casters. Roll plant to sink for watering, to sun for light. Rotate positioning. 12" dia. $6.95; 14" dia. $9.95. Add $1 post. Cadlyn's, HG7, 8146 N. 23rd Ave., Phoenix, AZ 85021.



RUFFLED TABS

Pretty tab curtains of polyester/cotton blend. White or eggshell, 80" wide; lengths: 36", 40", $19; 45", 54", $20; 63", 72", $23; 84", 90", $27. Add $2 post. You may also choose from fabrics in sample set, $3. Free color catalogue. Constance Carol Inc., HG7, Box 899, Plymouth, MA 02360.

AS GOOD AS GOLD

Favorite snapshot permanently reproduced on gold tone metal, mounted on rich walnut grain plaque. Send b&w or color photo, up to 5" x 7" (returned unharmed). $9.95. Photo on Metalphoto® key chain, $4.95. Add 75¢ post each. A-J Photographics, HG7, 14 W. Caton Ave., Alexandria, VA 22301.

SOLAR HOUSE PLANS

Conservative in dollars and energy usage, also charming. Panelized, in kit form to be easily erected. Book of floor plans, illustrations, price list. $1.75 ppd. House pictured cost only $249 to heat during Vermont winter '76-'77. Green Mountain Homes, Inc., HG7, C-35, Royalton, VT 05068.

WIND IN THE DAISIES

Windchime brightens kitchen or patio while you enjoy pleasant tinkling sounds. White daisies, 2¾" dia., yellow centers, of highly glazed sturdy ceramic hang on nylon threads. Overall, 13" l. $13.95, post., $1.65. Artisan Galleries, HG7, 2100 No. Haskell Ave., Dallas, TX 75204.

HIS OR HERS

Unique 4 piece belt set includes three web straps, 1¼" w., and one gold-tone clip-on buckle which can easily be interchanged to coordinate outfits. Tan, navy and red. Specify waist size. $4.95 plus $1 post. Creative Specialties, HG7, Box 196, Middle Village, NY 11379.

COOK'S CHARM

Ward off evil spirits that make pots boil over, foods burn. Norwegian Kitchen Witch rides her broom bringing good luck to your kitchen! Red, black, green or blue; hangs from a string; 13½"l. overall. $6.99 plus $1.50 post. Kitchen Kapers, Dept. HG7, 532 Cherry Hill Mall, Cherry Hill, NJ 08002.

ENGLISH WINE TABLE

Handcrafted of mahogany with soft, detailed leathery top. Authentic reproduction of a fine antique, c. 1784. Table is 20"h., 13" dia. $22 ppd. MC, BA/Visa. Color catalogue, $1. Write or phone: 504/891-4405. The Bombay Company, HG7, Box 52332, 5256 Magazine St., New Orleans, LA 70152.

COOLING DECOR

Carib ceiling fan for cooling breezes to cut down on air conditioning, save heating costs by recirculating air. 5-speed control adjusts circulation. 48" in white, copper, yellow: $119.95. Light kit, $14.95. Ppd. Floridian Designs, Inc., 12550 N.W. 39th St., Coral Springs, FL 33065.

CREWEL LUXURY

Hand-embroidered wool crewel on natural cotton, made in Kashmir by skilled native weavers. Multitone designs are inspiring for upholstering furniture, making draperies and bedspreads. 54"W. Yard $13 ppd. Brochure and swatch 50¢. Gill Imports, HG778, Box 73, Ridgefield, CT 06877.

SLIMLINE STORAGE

Unbreakable plastic bottles fit on refrigerator door shelves. Easy to grip and pour. Store milk, juice, etc. U.S./metric measurements. Dishwasher safe, 1, 2, and 3 qt. in set, $4.29, plus 50¢ post. Colonial Garden Kitchens, Dept. HGGE-2, 270 W. Merrick Rd., Valley Stream, NY 11582.

ENJOY SOUND SLEEP AGAIN!

Lock out the disturbing noise . . . even snoring . . . that keeps you awake all night and robs you of refreshing sleep. Ear Drum Silencers are soft, pliable, with an easy-to-grasp safety flange. Slip them in every night and you'll sleep like a kitten.

No. 124—Ear Drum Silencers $2.98

Mailing 35¢

GET RID OF UNWANTED HAIR

Amazing Lemos Permagon destroys hair roots almost instantly—one by one. No wire connections. Uses tiny batteries (included). Home use electroylsis method is the same system experts use to remove hair permanently from face, arms, legs and body.

No. 108—Lemos Permagon $14.98

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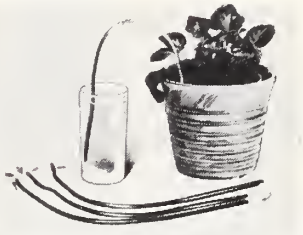

PLANT "NURSEMAIDS"

Feed plants while away on vacation. Amazing wicks feed moisture to thirsty plants for up to 8 weeks. Insert one end of wick in soil, other end in jar or glass of water. Will not rot or mildew. Set of 4.

No. 200—Plant Nursemaids $2.98

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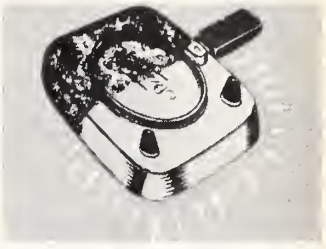


WIPE AWAY BURNT-ON GREASE

Miracle cleaner for aluminum, chrome, stainless steel, cast iron, porcelain enamel, solid copper and brass. Removes baked-on grease and encrusted build-up from frypans, waffle bakers, barbecue grills, burner wells and rings. 7 oz. can.

No. 104—Carbon Cleaner $3.98

Mailing 80¢ Each

END SHIRT COLLAR "SQUEEZE"

Collar-Extender button "loosens" tight shirt collars. Ends all-day "tugging." Expands collar up to ½ size larger for that "just right" feeling. Invisible behind tie. Can be transferred from shirt to shirt in seconds.

No. 114—Collar-Eze (Set of 2) $1.29

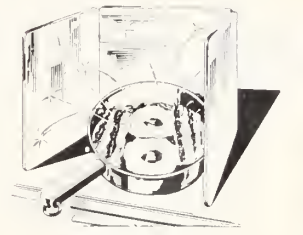
Mailing 35¢

SNORE NO MORE

Anti-snore mask insures sound, silent sleep, helps break the snoring habit. Washable nylon mask fits over chin, keeps the jaws closed and prevents snoring by encouraging proper breathing. Adjustable elastic bands for a snug fit. For men or women.

No. 113—Anti-Snore Mask $4.98

Mailing 60¢

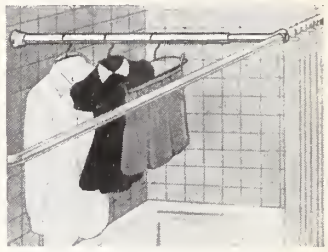


SPLATTER GUARD

No more grease splatter around your skillet. Three panels fold open around even the largest skillets. Protects stove and wall from greasy stains and splatters. Made of easy-to-clean aluminum. Folds flat for storage. Each panel is 9⅛" long x 8½" high.

No. 400—Splatter Guard $3.98

Mailing 90¢ Each



DRY CLOTHES—RAIN OR SHINE

"Drip-Dri Bar" hooks over shower rod and locks in place. Attaches in seconds. No screws, no adhesive. Can't mar wall. Adjustable 25"-31". Fits any standard bathtub. Holds full-length garments. Water drips into tub, not on the floor.

No. 131—Drip-Dri Bar $4.98

Mailing 95¢ Each

No COD's or Billing *Add 6% Sales Tax in California*

Anthony Enterprises Dept. HG-78 67 Second St., San Francisco, CA 94105

PAINT YOUR OWN AMERICAN CHARACTER

Unusual is not the word to describe this early american collection series. Brighten your home with these characters hand painted by you. The carvings are made of polyurethane and are wood-like in appearance, weight and texture.

Send for your set consisting of one character plus non toxic paint in six colors and paint brush with complete set of instructions.

Mail only $8.95 plus .50 for shipping and handling to:

Michaels Corp.
P.O. Box 698
Baltic, Conn. 06330

For other characters in "The Early American Series", send 25¢ for a full color brochure.

Our catalog brings you the magic of Bermuda every season. Send for your free copy.

The Brown's of Bermuda Fall catalog features 32 full color pages of the finest imported clothing and accessories for men and women. Clothing of impeccable styling and outstanding tailoring in cashmere, velvet, woolens, silk, Shetlands, camel hair and much more. Gifts and accessories for you, and your home.

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The Classic $39.95 EA.

NOTE WATERFALL * FRONT EDGE

You have seen this classic chair before. It looks expensive doesn't it? This classic Bruer chair comes in natural or walnut finish. The base is chrome with a hand woven cane seat and non-scuff glides. The side chair is 39.95 shipped 4 to a carton and the arm chair (not pictured) shipped 2 to a carton 49.95 EA. Naturally your satisfaction guaranteed. To expedite your order phone us or send check or money order or charge MC/BA. Please include your expiration date.

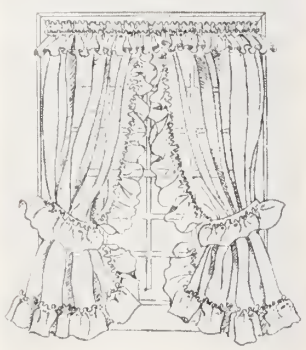
LIFESTYLE DESIGNS,
P. O. BOX 58371, DALLAS, TX. 75258,
TEL. 214/747-2188.

WOVEN WICKER CADDY

Carries water in metal liners, 6" dia., to insure freshness of just-cut flowers. Water repellent stain prevents weathering. 22" overall: large cone, 12"h; smaller, 9"h. $25 plus $2.50 post. Catalogue, $1 (free with order). The Very Thing Shop, HG7, Rt .1, Box 549, Crozet, VA 22932.

SANDAL DRESS UP

Kraus slide for anytime. Ultra-soft vinyl, tricot lining, wood-grained polyurethane sole. 2¼" heel. Fu sizes 6-12N, 5-12M. Lilac, red camel, bone; $16. In shiny patent look: white, black, gold, silver $17. Add $1.75 post. Vicki Wayne Dept. H7G, 600 S. Country Club Tucson, AZ 85716.

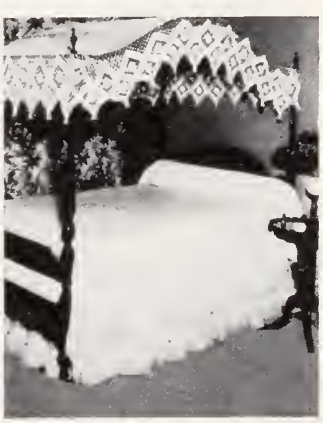


PRETTY RUFFLES

Charming dotted Swiss for your windows. Wide 5½" ruffles finished with fine picot edging. White, 100% polyester. Width per pair, 96". Lengths: 45", 54", 63", $16.50 pr.; 72", 81", 90", $18.50 pr. Add $2 post. per order. Free catalogue. Country Curtains, HG7, Stockbridge, MA 01262.

COMFORT AND BEAUTY

Love Lady chair has reversible zippered cushions, lined skirt 28½" w., 29" h.; seat 21½" d. From $207 depending on fabric yours, $161 (7½ yds., 54" w. ship. chgs. extra. $2 for catalogue request form for free swatches Hunt Galleries, Inc., HG787, Bo 2324, Hickory, NC 28601.



CUSTOM CANOPY

Hand-tied fishnet canopy. Double thread, preshrunk, white or cream, four traditional patterns. Standard 87½" by 56½" tester $125; give exact size for queen $150 or king $190. Fringed cream spread, 94" or 82" w., 112" l., $120. Ppd. Brochure 25¢. Virginia Goodwin, HG7, Dilworth Sta., Charlotte, NC 28203.

KITTY RETIRING ROOM

Vinyl commode gives cat privac and prevents litter spill as i confines odor and hides waste Comfort station is a non-breakabl enclosure, is completely washabl and collapses for easy travel. Fit any size cat. $17.95 plus $2.5 post. Write to Turen, Inc., HG7 Lebanon, NH 03766.

NCHANTING APPLIQUES

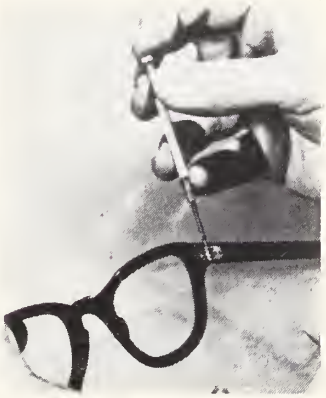
Winsome owl or strawberries on uilted hot mats that could also e used as pocket or patch. Owl, ramed by moon, is on calico. Perky gingham is background for trawberries. Charming hostess ift. 7" by 9". $4.50 each, ppd. Puckihuddle Products Ltd., HG7, Box EOS, Oliverea, NY 12462.

HANGING ARRANGEMENT

Plants get best light exposure when you can swivel them 360 degrees from ceiling mounted Green Trak. Six plant hooks (removable), white baked enamel; mounting hardware included. 36" unit, $9. post. $1. 3 units, $25 ppd. Stands, Inc., Dept. BE 78, 425 Wagaraw Rd., Fair Lawn, NJ 07410.

ELEVATING CHAIR

Seat and arms elevate, help you all the way to standing position. Adjustable seat height, posture-support back adjusts height and angle. Ask about Medicare coverage and free home trial. Varied styles, colors. Color catalogue/price list free. Burke, Inc., HG7, Box 1064, Mission, KS 66202.

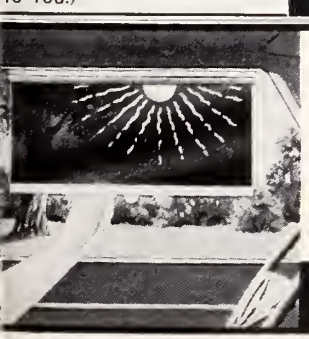


FIX-IT KIT

Oh, those miserable moments when eyeglass frames part company! To cope, a clever kit that helps get it all together: professional optical screwdriver and an assortment of tiny frame screws. $2.29 plus 35¢ post. Anthony Enterprises, HG7, 67 Second St., San Francisco, CA 94105.

GOLDEN OPPORTUNITY

to stock up on a supply of elegant name and address labels. The set includes 250 black on gold 1½"x½" script initial address labels [To 20 letters per line, 4 lines] and 125 matching gold initial 1x1" envelope seals. We use them to personalize everything—stationery, checks, to identify books, $3.50 + post., 45¢ 1st Class, 25¢ 3rd Class. 96P gift catalog, 50¢. Bruce Bolind, 27 Bolind Bldg., Boulder, Colo. 80302. (Since 1956, Thanks To You!)



Sun-Off Car Shade

Lets you enjoy driving without annoying glare from sun, water, snow or ice while it reduces solar heat by 70%. Just hook it over the top of either side window. 17x20" shade is tear-proof polyester sheeting that pulls down and is held by a vinyl suction cup.

1520-6 — Car Shade $9.49

Write For New Free Gift Catalog!

Miles Kimball

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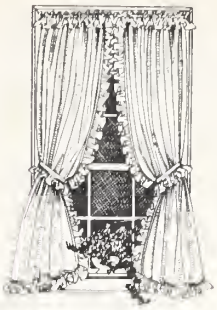
COUNTRY CURTAINS

Ruffled Permanent Press



TIERS
25",30",36",40" 8.00 pr.

TIEBACKS
45", 54", 63" 11.50 pr.
72", 81", 90" 13.50 pr.

VALANCE
10" x 70" . . . . . 3.75 ea.

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Country Curtains are a tradition . . . years of old-fashioned quality and conscientious service to thrifty homemakers. 2" ruffles in the finest blend (35% cotton/65% polyester) . . . reminiscent of muslin . . . true country simplicity. Creamy eggshell or sparkling white. 78" wide/pr.

Please specify eggshell or white. Send check, money order, or use Mastercharge or BankAmericard. Sorry no COD's. Postage and handling: orders under $10 add $1.10, $10 and over add $2.00. Mass. res. add 5% sales tax. Satisfaction guaranteed.

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Design services available

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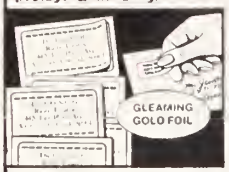
Classic form, natural materials, durable construction **$29.95** This charming bassinette, handwoven from natural palm reeds, is bound to enchant many future generations of your family. Ideal for home use; its light weight (only 8 lbs.) and convenient size (appr. 31"L x 21"W x 19"H) make it perfect for travel or even outdoor use. The fully natural materials, untreated by chemicals, varnish, preservatives, or artificial colors, will not splinter or chip. Incredibly strong and resilient! (Directions for lining the basket are included.) **For babies from birth to six months old.**

Send check or money order (no C.O.D.'s) for 29.95 to New Orleans Baby Company - Dept HG-7, P.O. Box 4190, New Orleans, La. 70178.

Please print your name, address, & zip code on a card. UPS shipping chrgs. collect. Return within 30 days for refund if displeased.

1000 RETURN ADDRESS LABELS $1.00

1000 gummed economy labels printed in black with any name, address and zip code up to 4 lines. Order S717 Economy Labels, box of 1000, $1.00. Add 20¢ per set for postage & handling.



250 SELF STICK GOLD FOIL LABELS $1.98

Gleaming gold foil labels stick to any clean, dry surface—no moistening. Handsome black printing and classic border. 1" x 1¾". Order P6128 Gold Foil Labels, Set of 250, just $1.98. Add 20¢ per set for postage and handling. | Satisfaction Guaranteed

Walter Drake
2027 Drake Building
Colorado Springs, CO 80940

SOLID PINE DUCK KITS
A TRUE EARLY AMERICAN FOLK ART

Share in the revival of this art by creating your own handsome decoys. Add a distinctive wildlife accent to shelf or mantel. Made easy for you with kits of carved and sanded white pine body, head, glass eyes, sandpaper, finishing instructions. Mallard hen or drake, approx. 12"L. $14.95 each, the pair $28.00, plus $1.00 shipping. Color catalog 50¢.

BAY COUNTRY WOODCRAFTS, HG-78
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Unusual Accent Pieces Done Unusually Well.

Solid mahogany Queen Anne table and matching lap desk. Warm brown tone hand rubbed finish. Solid brass pull

Table No. 7611-03 $125.00
24"H 16"D 14"W

Lap Desk No. 7611-03D $30.00
11½"W 13½"D 3½"H

Shipped prepaid upon receipt of check
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Yes, you can have a FULL COLOR POSTER blown up from your color photo or slide at a fraction of the price. All color posters printed on Kodak paper. Great gift idea!

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20"x24"	only $9.50
14"x17"	only $6.50
24"x36"	only $14.50

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2 ft. x 3 ft.	$4.50	Laminated Posters up to 2 ft. x 3 ft.
1 ft. x 1½ ft.	$2.50	
1½ ft. x 2 ft.	$3.50	$3.00 addt'l.
3 ft. x 4 ft.	$8.00	Photo Returned.

For every color poster ordered, add $2.00 and get a black & white same size. Black and White Duplicates 50% off. Add 50¢ each item, handling. For prompt delivery put name & address on back of photo. Send check, cash or M.O. N.Y. residents add appropriate sales tax. If you send slide or negative add $1.00 for each size. Shipped U.P.S. $1.50 per item.

Congers Color Labs
Dept. HG-68, Congers, N.Y. 10920

NEW SYSTEM

KEEPS YARDS FREE OF DOG WASTE

Everything you need to protect children, family, guests from messy, unsanitary, insect-breeding dog droppings. New, improved Doggie Dooley® galvanized steel "mini-septic" tank (14¼"x11¼") installs easily in ground. Built-in overflow device lets treated, liquified stools seep into 12" deep hole below unit. Heavy, precise filling top has folding safety handle. System includes one-hand-operated, spring loaded scooper for easy stool pick-up and carry and 6 mos. supply of stool digester. Simply pick-up stools with scooper, drop into unit, add water and the harmless, live bacteria digester. Thousands in use. $19.95 plus $2.50 shipping. Extra 12 months of digester $3.95 plus 60¢ postage.

HURON PRODUCTS CO. Dept HG-7
555 Moore Ave. Bellevue, Ohio 44811

DOGGIE DOOLEY

SHOPPING AROUND

CHARMING PAIR

Mahogany chairs, hand tufting finger mould carving, scroll arms, cabriole legs. His, 27" w. by 34" d. by 41½" h. Hers, 28" w. by 32" d. by 39" h. Each $219.95 exp. coll. Catalogue, Victorian reproductions, $1. Martha M. House, HG 7, 1022 S. Decatur St., Montgomery, AL 36104.

MORE SPACE

Double the hanging space in your closet with steel bar that hangs from existing rod in closet. No tools required. Expands from 15" to 28" in length, adjusts up or down on 36" chains. Helps keep clothing orderly. $4.99 plus 75¢ post. Holiday Gifts, Dept. 307-80 Wheat Ridge, CO 80036.

ELEGANCE

"Orleans" eyelet curtains. Eggshell or white; Perma-Press 65% poly., 35% cot. 66" wide. 24", 30", 36" l., $7.50; valance, 54" by 12", $4.50; swag, split in center, 76" by 38", $8.50. $2 post per order. Catalogue, fabric samples, 25¢. Curtain Corner, EG7, Paradise Green, Stratford, CT 06497.

HANDSOME ACCESSORY

Handcrafted virgin copper waste basket is appreciated by the equestrian and animal lover alike. 14" high. Copper is antiqued, jeweler's lacquer is applied to protect surface. Three initials with horse's head. $25 ppd. Free catalogue Gregory E. Hentzi, HG7, 59 Brown St., Waltham, MA 02154.

BLISSFUL COMFORT

Butter-soft hand rubbed dark brown kid, camel calfskin. Handmade, flexible leather soles; foam linings; 1½" heel. AAAAA7-12; AAAA, AAA6-12; AA, A5-12; B4-12; C4-11; D5-11; E5-10. Half sizes incl. $39, post $1. Free catalogue. Maxwell Shoe Co. HG7, 310 Legion Ave., Annapolis, MD 21401.

MORE ROOM FOR PLANTS

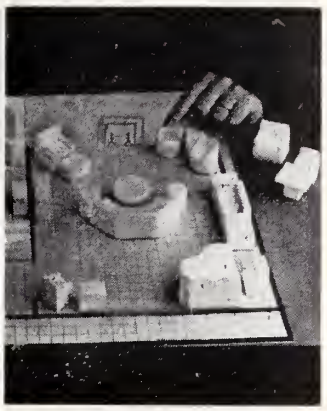
All-aluminum, minimum-maintenance greenhouse will "open up" any room in your home to sunshine and flowers. Over 100 lean-to and free-standing models fit any site, every budget. Write for free 48-pg. full color catalogue Janco Greenhouses, Dept. Y-7E 9390 Davis Ave., Laurel, MD 20810

FURNITURE BUYS

Classic sleeper #475, from a collection of finely made upholstered pieces by National. Color catalogue (fabrics by yd. available) $2. Also 178-page catalogue of prestigious furniture, $5, refundable. National Furniture and Fabric Sales, Inc., HG7, Box 2314, High Point, NC 27261.

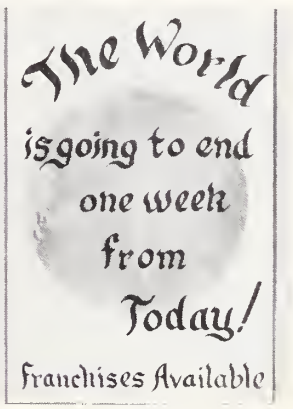
PET PERCH

Carpeted 12" by 20" platform for kitty to preen, nap, watch the world go by. If unoccupied by pet, use it for plants. Attaches to window sill, removes easily. Beige, gold, rust, green. $12.95 ppd. Charge order toll free: 1-800-521-2276. Haugen Pet Products, HG7, Box 1986, Ann Arbor, MI 48106.



SCALED FOR ROOM PLANS

Miniature polystyrene pieces are one half inch to one foot scale to help plan your room arrangements easily, come in kit with graph board, walls, windows, doors, and instructions. Furniture includes variety plus fireplace, piano. $9.50 ppd. Write to Plan-It-Kit, HG7, Box 429, Westport, CT 06880.

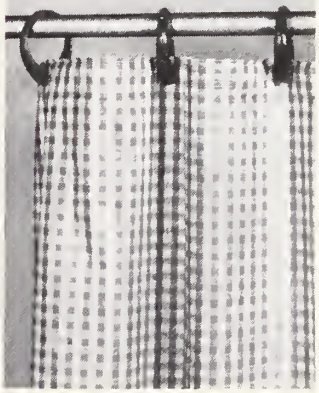


THERE'S STILL HOPE

Depending on interpretation, the pessimist or optimist wins out. Whimsical, comical tongue-in-cheek wood plaque, 6" by 9", ready to hang. Hand lettering in black, with blue on ivory colored art stock. $1.98 plus 50¢ post. Cadlyn's, Dept HW7, 8146 N. 23rd Ave., Phoenix, AZ 85021.

HANDSOME LOUNGE

Gentleman's leather chair with superb construction is available in over 50 colors of top grain leather. Solid brass nailhead trim. 35"h. by 35"w. by 39"d. $464.50 exp. coll. Brochure of fine leather furniture, $1. Carolina Leather House, Dept. HG45, Box 5023, Hickory, NC 28601.



GINGHAM CHECKS

Vinyl shower curtain in red, gold, blue, green, pink, orchid, black. 6' by 6'; tieback window curtains, 54" l. by 68" w; or cafe curtains with valance. $9.50 a set plus $1.50 post. Curtain alone $4.95 plus $1 post. Catalogue, swatches, $1. Mather's, HG7, 31 E. Main St., Westminster, MD 21157.

Constance Carol
PLYMOUTH, MASSACHUSETTS

TAB CURTAINS

The simple elegance of tab curtains makes them as right for the finest Contemporary homes as they are for the most authentic Colonial homes. They are as functional as they are beautiful, sliding easily on simple rods. They do not require expensive and complex drapery hardware. Custom sizes available.

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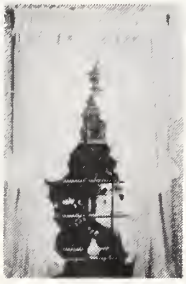
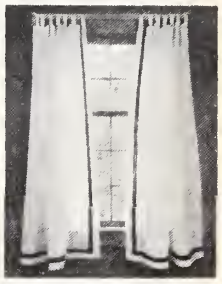

5" RUFFLE


PILGRIM STRIPE

Natural: Preshrunk muslin
White: Polyester/cotton blend
Eggshell: Polyester/cotton blend

	About 80" wide			
TAB CURTAINS LENGTH	40"	45"	54"	63"	72"
Pilgrim Stripe (Wine, Navy, Moss Green, Soft Gold or Brown on Natural, White or Eggshell	$23	$25	$25	$29	$29
RUFFLED CURTAINS					
Eggshell or White (5" ruffle) (Both are Polyester/cotton blend)	$14	$14	$17	$17	

WOODEN RODS AND BRACKETS per set $5 BRACKETS ONLY: $4
Set includes two brackets made from birch, four nails and a 36" or 48" (specify) wooden rod, diameter 3/4".
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61" TUXEDO LOVE SEAT
(available in 72", 88" sofas)

Elegant and comfortable, this love seat is a joy to own. Seat and back cushions zippered and reversible; arm protectors included.
Priced from $366 each depending on type fabric you select; $318 each in your fabric —send 13 yds. 54". Shipping charges are extra.

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THE VIKING CHAIR

Height—31"
Seat 18" x 15"
Height of Seat—17½"

Native Hardwood Curved Backrest Fibre Rush Seat —Woven by Hand

Sanded Ready-to-Finish $18.95
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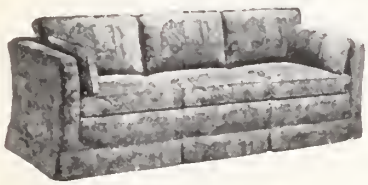

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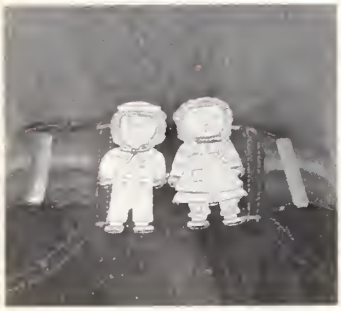

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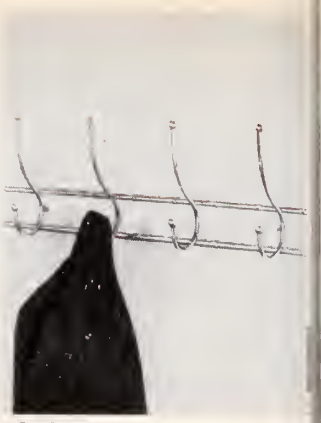

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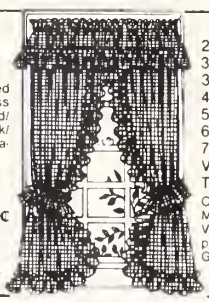

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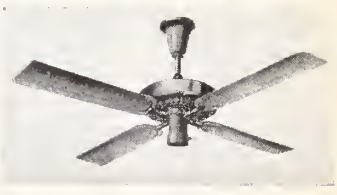

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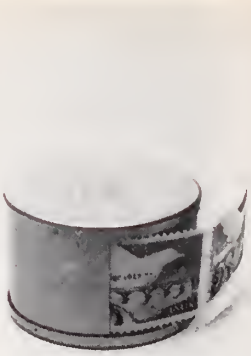

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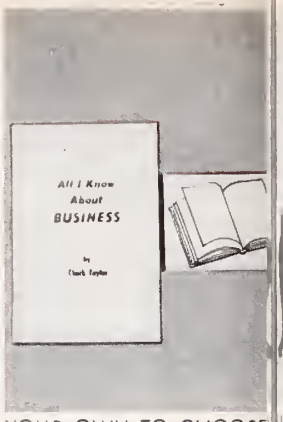

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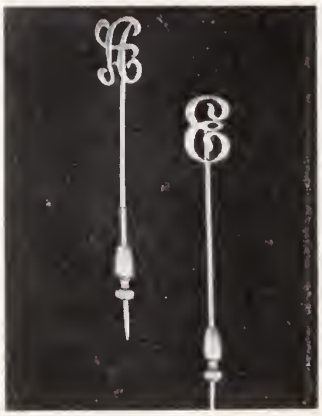

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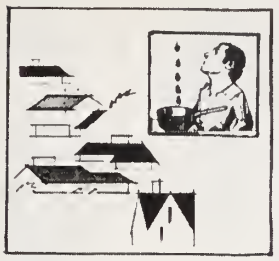

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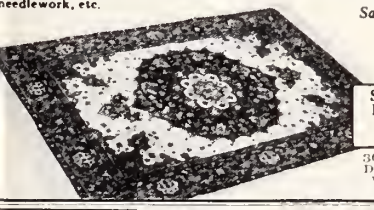

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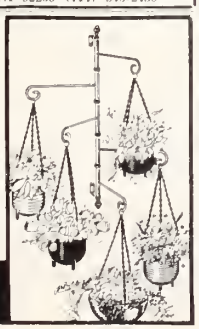

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Brain food
continued from page 142

Metabolism at M.I.T., another less costly protein has been used in experiments on memory. This is choline, an amino acid derivative found in many protein foods (egg white is a particularly rich source) and a precursor of the neurotransmitter chemical acetylcholine. It has proved effective on a group of test students and more investigations are being conducted with it by psychiatrists of Stanford University. They are monitoring its use with people over 65 at the Palo Alto Veterans Hospital.

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Energy dynamics
continued from page 86

constantly rehearsing these images, the mind learns to transmit positive vibrations and, generally, positive things begin to happen in the person's life. He or she generally "sees the light."

This analogy to light has great meaning to students of Russell Paul Schofield, a California psychologist and teacher, who after thirty years in private practice and much study of energy frequencies has introduced a method of expanding brain consciousness by *light energy*. As in yoga, where the goal is enlightenment or expanded state of consciousness through training the mind, Dr. Schofield's goal is to extend experience by fine-tuning the under-utilized right side of the brain. He calls his method Actualism, because you actualize your potential to expand perception. Students learn how to tap into 15 different invisible energies "like radio waves." One is to bring uplift after a low depression. One is to nourish the nerve systems to aid communication. One is for healing. One is to attract creative thought. One is for problem solving. One is for harmony and unity. You learn how to recognize and feel these energies in yourself—and others—and how to employ the desirable frequency for the appropriate situation. A student with a job as a secretary said she used the love and good will frequency to fill the office of a difficult boss. "It worked. He stopped being grumpy. People couldn't get over the change."

Just as you can develop physical strength through exercise, so you can develop the invisible energy field with training, says Dr. Schofield. A person's field can vary between 12 and 30 feet "which determines the sensitivity response index. High level sensitives may walk into a room and determine the frequency rate, whether it is a happy, loving room, or a sad, heavy room, and all the shades of vibration between the two extremes."

In the 1950s, philosopher Bertrand Russell stated that it was the job of science to discover the structural properties of the physical world, but he felt there were "instrinsic properties"—intuition, the existence of the soul, for example—that were undiscoverable. Today, scientists like neurophysicist Karl Pribram of Stamford University believe otherwise. The so-called "undiscoverables," says Dr. Pribram, are at the fundamental basis of the working of the universe. In the last twenty-five years, psychology has changed. And philosophers and scientists are learning how to interchange ideas so that they can unlock what Schopenhauer called the "world knot" of the brain-mind puzzle. Our minds must be stretched to fathom all the unexplained phenomena. It's a fact that we use only 10 percent of our mental capacity. "Our present state of consciousness is just one tip of the mental iceberg," says Dr. Walter B. Weimer of the University of Pennsylvania in *Consciousness and the Brain*. He and other leading brain researchers have no doubt that we can reach the uncharted bounds of consciousness, just as we reached out and conquered the mysteries of space.

Shopping information
continued from page 143

stackable porcelain: 20-pc. set for 4, $132. By Block. At Creative Specialties, Baltimore 21208. **4. "Geranium" polyester and cotton placemats and 19" sq. napkins:** $4 each. By Barbara de Wolfe. At Saks Fifth Avenue, NYC 10022 and area branches only, Garfinckel's Washington, D.C. 20004. **5. "Buttercup" ovenproof ceramic dinnerware:** By Creed Studio. 5-pc. place setting, $48.50. **Quilted cotton/polyester oval placemat:** $7. **Cotton/polyester cocktail napkins:** $1. All at Accents & Images, NYC 10022. **6. "Kaleidoscope" dinnerware:** 4-pc. place setting, $18.50. By Franciscan. At Bloomingdale's, NYC 10022. **7. "Oblique" stainless steel flatware:** 25-pc. service for 4, $35. By Bob Van Allen for Stanley Roberts. At Bullock's, Los Angeles 90055; Macy's, NYC 10001; Crowley's, Detroit 48226. **8. Cotton dishtowels:** 18" x 26". $1.35 ea. By Scaindia. At Seabon, NYC 10022. **9. "Oriental Garden" ironstone:** 20-pc. set for 4, $50. By Laura Ashley for Johnson Brothers. At Bloomingdale's, NYC 10022. **Matching fabric:** #R193. 48" wide. 8" repeat. $5.50 a yd., ppd. **Cotton napkins:** 14" x 16". Set of 4, $6. Both at Laura Ashley, NYC 10021; Boston 02116, San Francisco 94123. **10. "Ramses" porcelain:** Buffet/chop plate: 12¼" d., $34. Octagonal bowl: 9¼" d., $33. By Fitz & Floyd. At Bullock's, Los Angeles 90055; Saks Fifth Avenue, NYC 10022; D.H. Holmes, New Orleans 70160. **11. Wicker tray with handles:** $8. **Blue linen napkin:** $1.70. **"Vapo"** stenciled **French china:** Dinner plate, $2.50. Salad plate, $1.95. **Natural wood pepper grinder:** $5.25. **Natural wood salt dispenser:**

$3.75. **Wineglass:** Set of 6, $6.75. All at Conran's, NYC 10022. **12. (from top left) "La Coquille" tray:** 8″ x 14″. $12. **"La Coquille" server:** 8″ sq. $8.50. **"The Chicken Buffet Platter":** 16″ x 24″. $37.50. **"Le Quiche" tray:** 19″ x 15″ $30. **"The Frying Pan":** 11″ d. $20. **"Le Quiche" tray/server:** 17″ d. $25. **"Le Quiche" tray/server:** 14″ d. $20. **"La Tortue" serving tray/hors d'oeuvre platter:** 21″ x 16″. $35. **"La Brioche" server:** 6½″ d. $7. **"The Big Fish":** 26″ x 11″ x 1½″. $30. **"Flute Oval" bowl/server:** 5½″ x 12″. $10. **"Le Quiche" tray:** 14″ d. $20. **"La Brioche" salad bowl:** 9″ d. $11. **"La Brioche" server:** 4″ d. $5. **"La Madeleine Buffet Platter":** 16″ x 15″. $24. **Signature Turtle bowl/server:** $9. **Turtle glass/wine coasters:** $8 ea. All by Pauline Trigére for Grainware. At Kaufmann's, Pittsburgh 15219; Marshall Field, Chicago 60690; Saks Fifth Avenue, NYC 10022 and area branches only.

BUILDING FACTS

Materials and equipment used in the kitchen on pages 126-127

MATERIALS
Tiled floor and walls: From Country Floors, Westport, Conn. 06880.
Countertops: Butcher block yew
Glass-fronted oak cabinets: By William Kohler, Fairfield, Conn. 06430.
Grooved yew cabinets: From Marsillio's Kitchen Design Center, Fairfield, Conn. 06430.

EQUIPMENT
Double oven by Amana Refrigeration. **Stainless steel gas cooktop** by Caloric. **Dishwasher** by Frigidaire. **Stainless steel triple sink** by Elkay. **Stainless steel range hood** by PM Range Hood, Farmingdale, NY 11735.

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Building and Remodeling

1. ". . . BEAUTIFUL BY NATURE." A 20-page booklet illustrating every available type of easy-care, decorative hardwood floor—from unusual plank and parquet patterns to old-time favorites such as oak strip and block. Many of the floors may be applied directly over concrete. Bruce Hardwood Floors. $1

2. "IT'S YOUR HOUSE, YOUR LIFE STYLE" and you've put a lot of thought and effort into it. This catalogue from Elkay allows you to put the same care into your choice of a sink. This important fixture has joined the ranks of luxury appliances, offering time-saving features and a multitude of styles. 25¢

3. TIME AND MONEY-SAVING APPLIANCES. Brochure details Energy Saver dishwashers that conserve water and energy, and waste disposers with Quick Click mount that cuts installation time. Also, trash compactors, hot-water dispensers, mixers, coffee mills. KitchenAid Division, Hobart Corporation.

Decorating

4. BECOME A COLLECTOR OF FINE FURNITURE manufactured by the Councill Craftsmen of North Carolina. These skilled cabinetmakers take great pride in making pieces of furniture as beautifully as they were done 200 years ago. This booklet details the fine points in cabinetmaking, as well as the complete line of Councill Craftsmen furniture. $1

5. THE RUGGEDNESS OF THE AMERICAN FRONTIER is captured in every piece of the Rustic Oak collection from Harrison Furniture. Its 12-page, full-color brochure displays this rich, deep brown-finished furniture in a variety of room settings. $1

6. MODERN FURNITURE COLLECTION begins with an architectural modular system that can function in any living area with complementary furniture, which will relate to the system or stand alone. Fine veneers combine with stainless steel and glass for a modern ambiance throughout the living, dining, and bedroom pieces. Baker Furniture. $4

7. ORIENTAL RUB DESIGN MASTERPIECES. Couristan's newest collection, "Gem," can now be seen in a deluxe 24-page color catalogue. Portrayed are 19 magnificent design/colorations, recreated from famous antique rugs and rare tapestries, many exhibited in renowned museums and galleries throughout the world. Couristan. $2

8. INFORMAL FRENCH FURNITURE. Henredon's Four Centuries. Distinctive. Elegantly informal. An ultimately livable collection of dining room, bedroom, occasional, and upholstered furniture in the French country style of the 17th and 18th centuries. $1

Eating and Entertaining

9. SUPERB SUMMER COOLERS start with Bigelow teas. To add extra excitement to your summertime refreshment, here are 12 super recipes. They are truly different, most refreshing, and easy to prepare. Included in the group are punches, desserts, coolers, and tasty low-calorie treats. From R.C. Bigelow, Inc., blenders of a variety of extra-special teas for three generations.

10. FINE GRAPES, FINE WINES. In recognition of the increasing desire by wine consumers for more information on fine wines, Almadén Vineyards is offering a new brochure entitled "The Grapes and Wines of Almadén." This 16-page, full-color brochure contains photographs and descriptions of ten of the classic grapes that Almadén uses to make its wines, plus useful suggestions on serving, storing, and aging wines.

Potpourri

11. "A WELL-BALANCED APPROACH TO BIRTH CONTROL." No one method of birth control is ideal for every couple, because each has special birth control needs. Safety, effectiveness, and convenience are all factors. Whether you're considering Emko Contraceptive Foam as a regular method or as additional protection, this booklet can help you find a well-balanced approach.

12. "THE ULTIMATE IN OUTDOOR GOOD TASTE." Brochure displays the full line of Warm Morning Broilmaster Gas Grills. Models feature multi-position cooking grids; permanent "Flower Rock" coals, which save the expense of charcoal but still give that barbecue flavor; separate burner controls; and many more. Locke Stove Company.

13. "A SOAP OPERA FOR THE WASHBORED"—a 16-page illustrated booklet sure to relieve washday woes and yawns. This laundry guide from Speed Queen stars an assortment of colorful characters caught up in exciting episodes that uncover the solution to problems of life in the laundry room. 35¢

14. WHAT YOU DON'T KNOW ABOUT YOUR CAR COULD HURT YOU physically and financially. Fram Corporation has prepared a useful booklet, which, along with your owner's manual, will help you know your car better. Your glove compartment is a good place to keep both booklet and manual—easily available if you should find yourself in trouble and need some answers. 50¢

15. WHAT TO DO IN TIME OF BEREAVEMENT is explained in a 32-page booklet, "My Duty," from Clark Grave Vault, with letters of sympathy, poems, and other suggestions of things you can do when others turn to you in time of grief.

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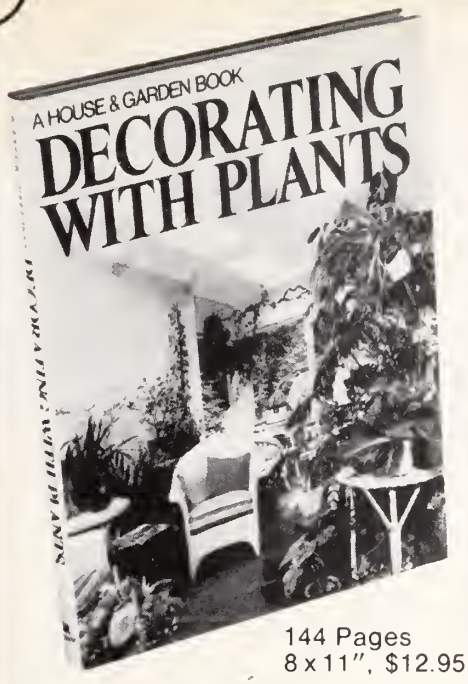

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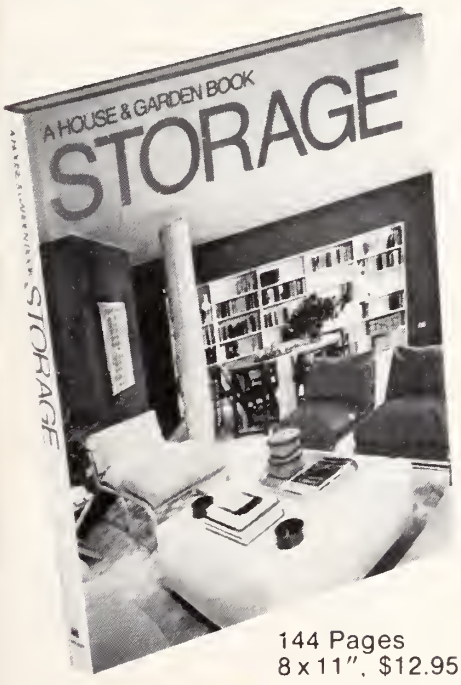

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Shaping up for space
continued from page 105

toon points out.

They will also be expected to keep fit: "We are working on the possibility of organizing aerobic exercises, particularly involving oxygen to the heart, and strength toning and maintenance," says Dr. Mike Berry, who is attached to the Flight Medicine Clinic. "For instance, we contemplate some weight lifting, which, surprisingly, is good exercise for women. It improves their strength without building up muscles." The reason for this, Dr. Berry explains, is that men have the hormone, androgen, and when the androgen level rises during hard muscular exercise, it causes the growth of single muscle cells, making the muscle larger in size. Without this hormone, the strength of the muscle cell increases, but not the size. "Women, therefore, can do a certain amount of hard muscular exercise, such as weight lifting or bicycling, without enlarging the muscle. We wouldn't want them to look like Arnold Whats-his-name." (A woman in Olympic training, will, of course, also enlarge the muscle to a certain extent, but that kind of training is not envisaged for the astronauts.)

The main fitness problem for astronauts, according to Dr. Berry, is keeping toned up in weightlessness, particularly with respect to the heart, which doesn't have to pump so hard against gravity when in space. "So we shall institute treadmill and bicycle exercises for them in space, and stretching calisthenics for muscle tone."

The six women will also be learning new academic skills in order to prepare them for the varied scientific work on board the shuttle. That is why the key word for the panelists choosing the candidates was *potential*, and when you look at their qualifications, you will see how diversified their talents are.

To be the first women astronauts—could this be a form of consciousness-raising on the part of the Space authorities? No, say the candidates, who are a down-to-earth, sensible, clear-eyed group of women. "I think NASA realized the value of having women on board," says one. "To see how women fare in space, for possible space colonies and so forth." "I think if any of us had felt our qualifications were not adequate, we would have withdrawn. We were given the opportunity to do so," says another. "In fact, we were all perfectly well qualified for the job." This attitude of healthy self-confidence is a characteristic of all six women. They are all easygoing, get on well with people, and are eager to learn. Having achieved highly advanced degrees, they have proved they can set a goal for themselves and stick to it. They express great admiration for each other's skills, and speak with enthusiasm about working together as a new team of women and men in space.

KATHRYN D. SULLIVAN

Kathryn Sullivan is at 26 the youngest astronaut. She has a degree in Earth Sciences from the University of California, Santa Cruz, and a Ph.D. in Geology from the University of Dalhousie, Halifax, Nova Scotia. She was working as a postgraduate student at the National Research Council, Dalhousie University, before taking up her new post as Mission Specialist.

Qualifications

"I imagine NASA wanted one representative from the Earth Sciences. My field is marine geophysics, but I have purposely tried to maintain a broad scientific background. Also, I have had experience on board ship working on experiments, which I imagine is not unlike the space shuttle—working at close quarters with people, in isolation, continuously having to revise decisions."

Fitness

"I have no special program, but am pretty athletic and basically healthy. I run, play racquet ball, enjoy competitive sailing, and generally stay in motion as much as possible."

Comments

"The part I am really looking forward to is the EVA (Extra Vehicular Activity) —walking in space. Since I am an Earth Scientist, the idea of being able to look back at earth in orbit is truly exciting to me. I'd also love to do more space exploration."

SALLY K. RIDE

Sally Ride is 27 years old and single. She holds degrees in physics and English from Stanford University, and was a research assistant in the Physics Department of Stanford University before taking up her new job as Mission Specialist.

Qualifications

"I'm in astrophysics, and I assume that I will be mainly flying with the astrophysics experiments. My English degree (in Renaissance England) may have shown them that I could learn other things."

Fitness

"I've always been interested in athletics. I run a couple of miles or play tennis every day, and I played tennis professionally at the national level while I was an undergraduate."

Comments

"I'd never thought of being an astronaut before I applied—I somehow thought astronauts were ordained! I was worried at first that NASA might be setting out to choose a token woman. But out of the 35 chosen, 6 were women. That's not tokenism. I believe that one-third of the scientists at NASA are women."

ANNA L. FISHER

Anna Fisher will be 29 in August. She has a degree in chemistry from the University of California, Los Angeles, and an M.D. from the University of California, Los Angeles, School of Medicine. She was a physician in the emergency room of the Los Angeles Hospital until taking up her new job as Mission Specialist. She recently married another doctor, William F. Fisher, who also works in emergency medicine.

Qualifications

"I have a background in chemistry with 3 publications in chemistry to my credit. I am specializing in emergency medicine —a new field. It involves working a 24-hour shift, and being able to deal with an enormously wide range of problems."

Fitness

"I jog regularly. I love skiing and scuba diving. But most of all I love flying and am currently working to get my pilot's license. My husband and I also like to go backpacking together."

Comments

"I've always wanted to be on the space program—it's something I've always dreamed about. My husband also applied, but I think he was not chosen, because he does not have such a strong scientific background. In Texas, we shall continue to practice emergency medicine and my husband is also going to go to engineering school. We think of having a family too, but my commitment now is to the space program. Maybe in 4 or 5 years . . ."

JUDITH A. RESNIK

Judith Resnik is 29 and single. She holds a degree in electrical engineering from Carnegie Mellon University and a Ph.D. in electrical engineering from the University of Maryland. She was one of the engineering staff in the product development department of Xerox Corporation at El Segundo, California, before taking up her post as Mission Specialist.

Qualifications

"I've been working in design engineering, and I also have a background in biomedical research."

Fitness

"I jog every day, that's all. Also, I'm getting a private pilot's license. I'm very interested in flying."

Comments

"For me, this is a good continuation of my professional career. Everything about it excites me, but sciencewise, what excites me most is the possibility of working on a number of projects using the newest technology. I shall really be able to diversify, using all the new technological tools at our disposal."

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2. **Aren't all vinyl floors no-wax?** No! Ordinary vinyl floors—including many on the market today that are said to be no-wax—simply will not perform as described above. While some may have a high gloss when *new*, the natural abrasion of soil, grit, and everyday foot traffic in the home causes tiny scratches in the vinyl wear layer. This dulls the floor surface; and in a relatively short period of time, regular waxing or finishing will be required to restore the shine and protect the surface from scratching.
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HOUSE & GARDEN®

AUGUST 1978

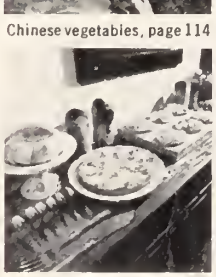
Heart-of-the-house, page 76

Mondales entertain, page 86

Quilts as art, page 88

Farmhouse of ideas, page 100

Chinese vegetables, page 114



Dessert buffet, page 82

DECORATING, ARCHITECTURE, BUILDING

60 Home improvement ideas for the house fixer
74 Where the action is: The heart-of-the-house room
76 All-in-One cooking, living, dining—country style
78 Sleek new living wing with step-up cooking and dining
80 The personal heart-of-the-house room of one of the greatest French chefs
88 Apartment living—a new high: Country cottage 10 floors up
94 The incredible do-everything one-room apartment
100 A house of your ideas

ANTIQUES

15 Questions & answers: Antiques. By Louise Ade Boger
42 Antiques on a shoestring. By Paula Rice Jackson

KITCHENS

73 Cheers for kitchens (*Editorial*)
110 Kitchens—good looking, good cooking ideas

ENTERTAINING

86 Dinner with the Mondales. By Marian Burros

FEATURES

8 Living. Edited by Paula Rice Jackson
26 Money matters: Money and the single breadwinner. By Paul Gross
52 Auto suggestions: The new fuel-efficient sportswagons. By Richard and Jean Taylor
98 Declaration for independents. By Beverly Russell

WINE & FOOD

34 What's cooking in Washington
44 Salads from a Chinese garden
82 Cooking chez Guérard
118 Meal in minutes
121 Preserving in minutes: Magic in the microwave oven
122 The kitchen buffet: Supper straight from the stove
124 The kitchen buffet: Dinner takes center stage
126 The home bar. By Henry McNulty

GARDENING

56 Plants around the house: New plants for free. By Richard Langer
114 Chinese vegetables: New taste for American gardens
174 Gardener's notes. By James Fanning

BEAUTY & HEALTH

22 Good looks & good health: The lazy way to exercise. By Paula Rice Jackson
108 Body furniture in the news. By Ruth Miller Fitzgibbons

TRAVEL

10 Mountain greenery West Virginia style. By Richard Taylor
64 Going places, finding things. Edited by Nancy Richardson
A cruise on wheels from Montreal to Vancouver. By Caroline Seebohm; Super bike trail in Wisconsin. By David Butwin

READER'S SERVICE

141 Shopping information
144 Shopping around with Audrey Nichols
176 Best in booklets

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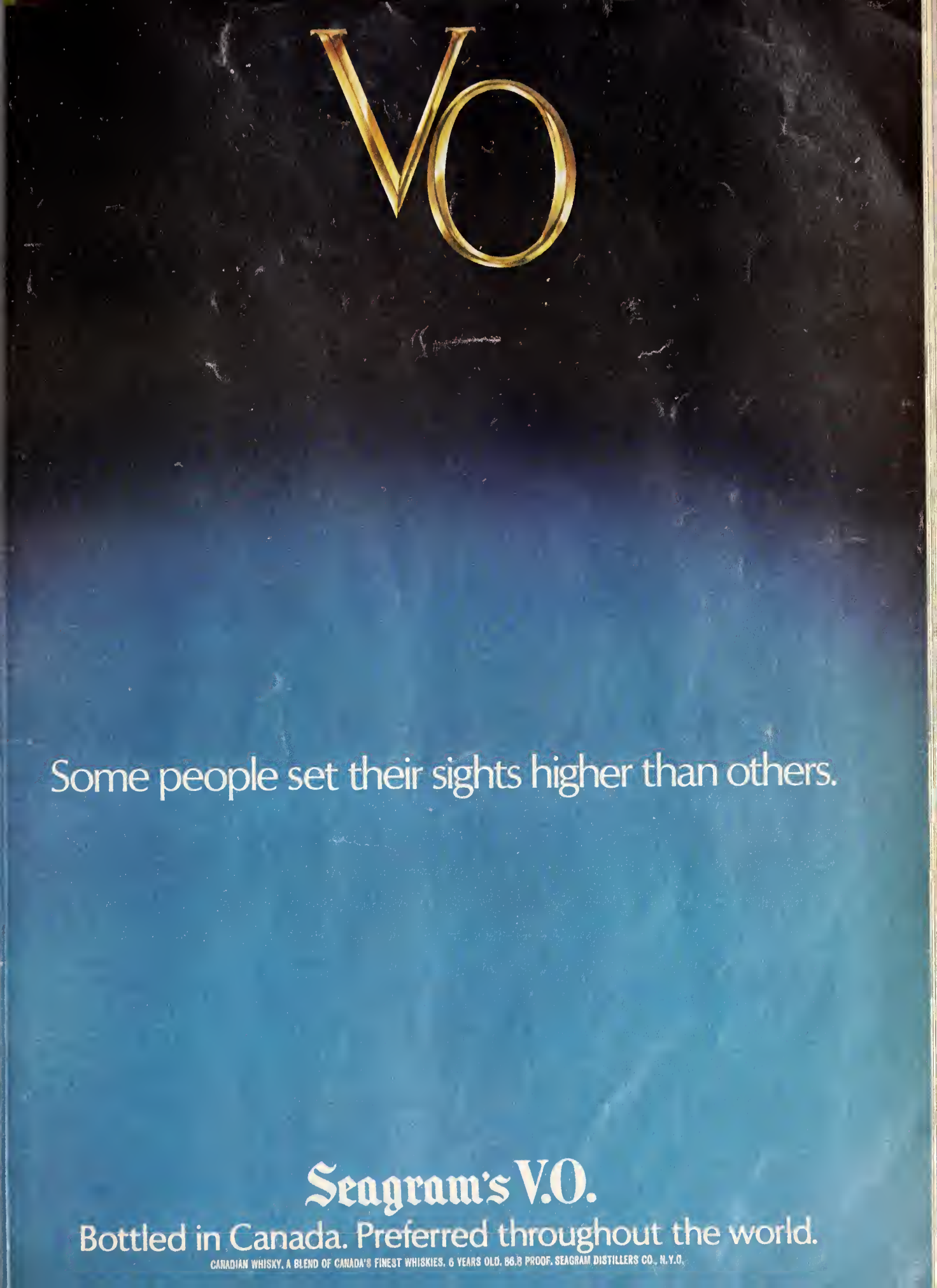
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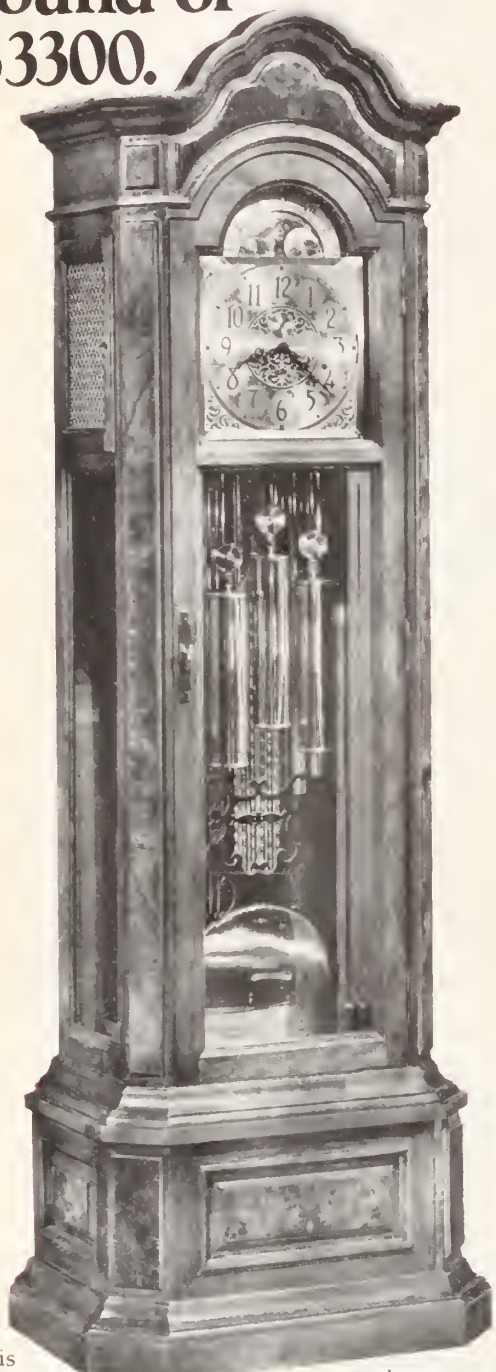

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On the cover: In a cucumber-cool parlor, ruffled summer slipcovers, candy-stripe pillows, pistachio print curtains, and a cotton rug of lime and leaf green show how friendly greens are to one another, and to other colors too. On the cocktail table, bachelor's buttons bloom in a big mushroom basket; around the room, baskets of gloxinias and pink peonies. On the mantelpiece, porcelain melon and cabbage tureens. Fabrics from Woodson Wallpapers. Tables at Lord & Taylor. Rug at Conran's. Paintings at Betty Parsons Gallery. Porcelain at Frederick P. Victoria. Baskets at Cherchez! For more details, see Shopping Information.

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This month: Robots that talk, what painters love to cook, TV for your health, build-it-yourself storage, and splendors of Dresden

LIVING

Dresden comes to Washington

The National Gallery of Art in Washington, D.C. is celebrating the opening of the Gallery's new East Building, designed by I.M. Pei, with six exhibits that are as miraculous as they are spectacular. In particular, the West German government has lent the Gallery some of the extraordinary art treasures of Dresden. "The Splendor of Dresden: Five Centuries of Art Collecting" will run through September 4. The Green Vaults, the medieval treasure-trove of the Electors of Saxony begun in the mid-1600s, and pieces from the Porcelain Museum, which houses priceless antiques from China, Japan, and the Meissen factory in Germany are here for the first time. The show goes to the Metropolitan Museum of Art in the fall and San Francisco's de Young Museum in early spring.

Cranach's "Heinrich the Pious."

A touch of tarragon

SHEILA CAMERA

Tarragon—born-again plant

For many people, tarragon (*Artemisia dracunculus*) ranks as the king of herbs. Without it there would be no sauce bearnaise or tarragon vinegar, the salad elixir that makes its unflavored counterpart seem bland.

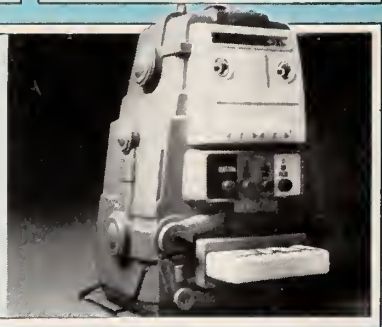
Tarragon vinegar is simple to make. Just steep some fresh, young tarragon shoots in white wine vinegar and you have it—assuming that you have fresh tarragon.

Growing your own tarragon is also simple. Your indoor tarragon patch is best started from cuttings or by purchasing plants. Cuttings started in August will last throughout the winter. They will develop slowly in a relatively poor soil, say equal parts of sharp sand, sphagnum moss, and a potting soil with the addition of a teaspoon of lime chips per 5-inch pot. Water well, fertilize rarely, and provide maximum light. Tarragon doesn't seem to remember that it's a perennial. Once the plant fades, cut the stems to within an inch of the soil. Then stick the pots in the refrigerator for 3 weeks of frost. Once they are back in the sun, new growth should emerge. RICHARD LANGER

Vitamin rich parsley

When was the last time you actually ate the small sprigs of parsley that decoratively garnish platters of food? It seems that parsley is often more nutritionally valuable than the food it embellishes. If Popeye had switched to parsley, he'd have eaten 5 times more iron per ounce than spinach. It is rich in magnesium, has at least 3 times the vitamin C of oranges, and 20 the vitamin A of carrots. Few foods can claim all this and be as easy to grow. Though slow to germinate, soaking the seed overnight speeds up the process. Sow it in a flat of rich soil and enclose it in plastic until sprouting. In 8 weeks, the first nibble is ready to taste. PENUAL ALLAN

Not for children only



Star Wars's mini-robot R2D2 has had the field to himself until now. Inventor Dr. Michael Freeman has created a wonderful new teaching toy called 2-XL. It will joke, laugh, ask questions on topics from sports to science fiction, and sometimes cry if you get a wrong answer. The robot operates on pre-programmed tapes which pose questions; a person "talks" to 2-XL by pushing buttons. By Mego. $50-$60 at toy stores.

The "Knapchair" is designed by Barbro Kulvik-Siltavouri of Finland.

Hiker's chair

Here's a find from the scores of new designs at this spring's Scandinavian Furniture Fair held in Denmark. It's called a "Knapchair," and it's the perfect solution for extra seating no matter where. Great to take along on family picnics or hikes. The lightweight aluminum fold-up chair and nylon webbing make carrying and seating all-in-one.

ALBERT E. PENSIS

"Bucks County, Pennsylvania is the perfect New York hideaway. The people who renovated this old barn wanted a rustic feel with some sophistication. The right fabrics helped accomplish that. I designed the living room to reflect an Oriental influence. Something unexpected, but it still works well as an outdoorsy look updated with color."

We are pleased that Mr. Pensis, Senior Vice-President of W&J Sloane, Inc., chose Century Furniture, including the coffee table from our Chin Hua Collection, sofa and wing chair, and Parsons' style benches. If you would like to see more Century furniture in beautiful homes throughout America, send for our booklet. Enclose $1 with name and address to: Century Furniture Co., P.O. Box 3427, Dept. L-4, Hickory, N.C. 28601.

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LIVING

Films about pet care

There are some excellent short films you can buy or rent about raising and training a healthy, happy pet. *The Family Chooses a Pet* and *How To Raise a Puppy and Live Happily Ever After* rent for $20 and $30 respectively from AIMS, 686 Justin Ave., Glendale, Calif. 91201. A handy reference manual: *Films for Humane Education*, $3.75 ppd. Argus Archives, 228 E. 49th St., New York, N.Y. 10017.

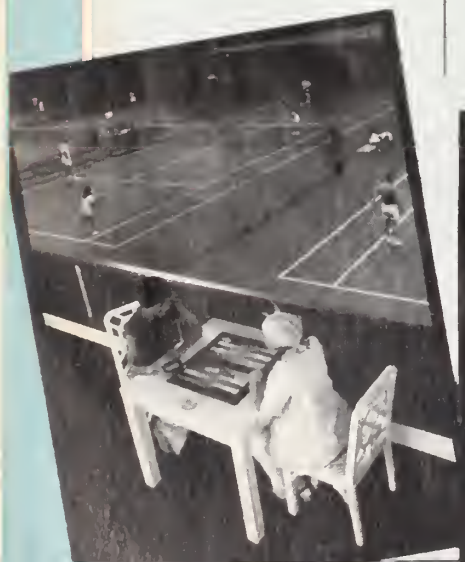
For indoor gardeners

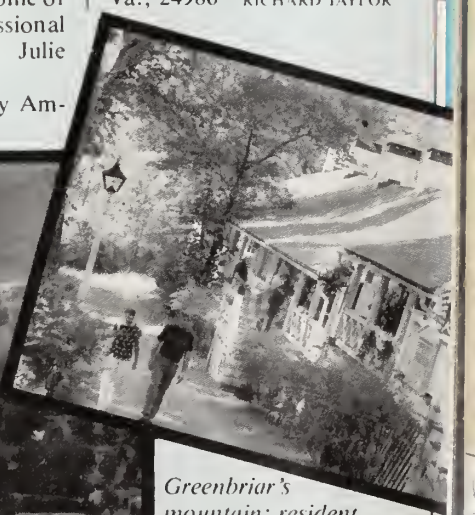
Where do you find space for all your indoor gardening gear? Gardener and free-lance writer Penual Allan remodeled the inside of an old ironing closet in her kitchen. Her ideas could be adapted to any closet corner you can clear. Her's measured 15 by 54 by 21 inches deep into which she put three Formica-covered shelves. Or you could add tracks to the side walls of the closet on which the shelves could slide. If you prefer sliding shelves, be sure that the front of each shelf has a slightly narrowed lip.
Bottom: large containers of potting soil, vermiculite; watering can, stepladder.
1st shelf: pots, baskets, cachepots, shards.
2nd shelf: insecticides, fertilizers, rooting hormone.
Top shelf: gardening books, magazines, straw baskets.
Closet door: lined with pegboard and hung with 50 feet of skinny watering tubing, magnifying glass, clippers, fork, pan, brooms, gloves.

EDWARD OLEKSAK

Departure points: Mountain greenery West Virginia style

The Greenbriar at White Sulphur Springs, W. Va. is one of America's eight "five-star" resort hotels. What makes the Greenbriar different is the staff's cheerful reverence not only for the guests, but for the mineral spa itself, which in 1978, will be 200 years old. If you are interested in design, the $11.8 million project to redecorate Greenbriar in 1948 carried out by Dorothy Draper, will be endlessly fascinating to you. Despite its 650 guest rooms —no two decorated alike— and its 100 plus public rooms, the Greenbriar still has an intimate, personal scale. Dorothy Draper advocated pure, bright colors and used a rhododendron motif of white, bright green, pale blue, pink, and red throughout the hotel. The Greenbriar is spread over 6,500 acres of a West Virginia mountain top. There are 3 golf courses, 20 tennis courts (five indoors,) 2 Olympic pools, 250 miles of riding trails, and a diagnostic health clinic which combines a three-day physical examination with a prescribed sports program. The Greenbriar also has a culinary training program for guests taught by some of America's top professional chefs, among them Julie Danneabaum.
How to get there: By Amtrak's regular service or Piedmont's nonstop flights from New York and Atlanta. *What to bring*: Golf, tennis, hiking, and riding gear, and evening clothes for dinner. *What it costs*: $50 to $80 per person per day. Write John S. Lanahan, Pres., The Greenbriar, White Sulphur Springs, W. Va., 24986 RICHARD TAYLOR





Greenbriar's mountain; resident artists/craftsmen gallery; tennis, backgammon

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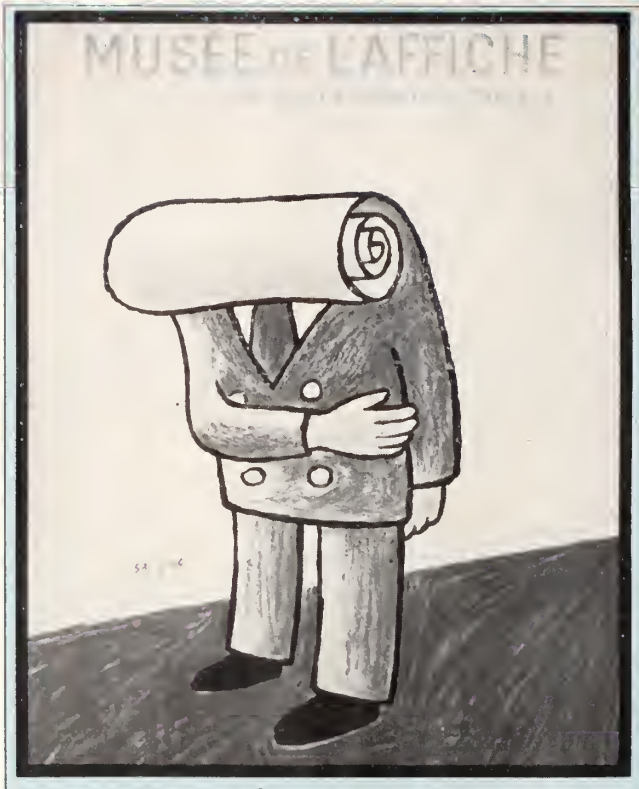
LIVING

Artists' palates

The subject is food and the authors are painters and the result is a wonderful new cookbook of recipes from over 140 of America's most famous artists. *Palette to Palate*, out midsummer, offers specialties of the house from working artists who love to eat. Who's in it? Warhol, de Kooning, Brooks, Johns, to name a few. Guild Hall, a museum and summer theatre in East Hampton, N.Y., has put it together. Discover the creator of "Smashed Eggs with Semi Cola." Guild Hall Museum Shop, East Hampton, N.Y. 11937, $16.30 ppd.



In praise of posters

In Paris, where posters have flourished for centuries, there's a new museum dedicated just to them. The Musée de l'Affiche, on the Rue de Paradis (where else?), opened last February in what was once a warehouse for faience. The first exhibit—"Three Centuries of French Posters" is a savory slice of French life. Open daily, noon to 6, except on Tuesdays.

Television For health

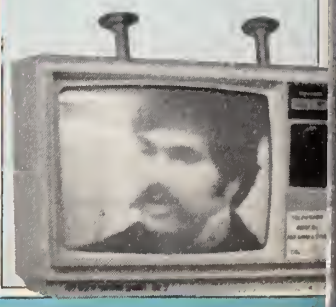
"The programs have immense value, are informative, and they're a big morale booster." That's just one patient's response to Massachusetts General Hospital's closed-circuit TV programming, one of many new projects used in hospitals to educate patients about their illness, its impact and treatment. "Nearly half of our patients able to watch TV tune into our patient programs on Channel 12," says Stephen Kauffman, MGH Director of Administrative Services and chairman of the subcommittee that developed the TV operation. MGH has 59 programs covering 29 subjects from foot care to heart disease.

"A patient is likely to look forward to many programs," says Mr. Kauffman. If time conflicts, no need to worry, for reruns are a fact of TV life.

The programs, most of which are bought from local TV stations, public broadcasting systems, and medical education groups are selected by the MGH Patient Education Subcommittee—delegates from within the hospital.

Dr. Henry J. Mankin, Chief of Orthopedic Surgery and chairman of the MGH Committee on Teaching and Education, says MGH is only 4 or 5 years away from implementing a system whereby patients can dial into a computer to ask questions. Nationally, patient education via TV is growing. In New England alone, some 77 hospitals have patient programs.

CATHERINE ETTLINGER



Build a new counter from oak flooring

Photographer Edward Oleksak loves to cook and loves to give dinner parties frequently. What he doesn't like is to be removed from the fun while he prepares dinner. So he removed the apartment wall that separated kitchen from friends and built a work space/countertop of oak flooring. (The price of butcher block was prohibitive.) He suggests allowing a full weekend for the project.

Materials: 2-by-4's cut long enough to make a frame around your stove; 3/4-in. plywood for the counter "bed," and 3/4-in. nails and 3/4- to 7/8-in. cement nails; 2 unfinished chests of drawers; electric blade saw; level; electric sander.

Method: Build a frame around your stove and chest of drawers. Lay 3/4-in. plywood over the top of the frame to act as a bed for the oak flooring. Cut the plywood for the stove top before laying the bed. Lay flooring over the bed, sorting for color and grain, and fill cracks with water-soluble putty. Build the height of the counter to a comfortable work level. Sand smooth, a process you may want to do 2 or 3 times, and apply 3 coats of Verathene allowing 12 hours' drying time for each coat. Use 2½-by-¾-inch fir or pine for a gently rounded rim for the counter edges, outside and around the stove.

EDWARD OLEKSAK

The spirit of the Czar lives on.

It was the Golden Age of Russia. Yet in this time when legends lived, the Czar stood like a giant among men.

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A lot of people are extending their decorating to include decorative extension phones.

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With Bell you have a variety of customized services to choose from.

And enough choices of shapes, colors and styles so you can get a phone that's genuinely you.

And still get a phone that's genuine Bell.

Bell System

BE CHOOSEY

By Louise Ade Boger

ANTIQUES

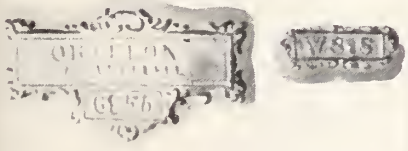
QUESTIONS & ANSWERS

PENNSYLVANIA DESK

Q. *Please tell me whatever you can about my antique desk.*

T.R.—Williamsport, Pa.

A. Your box desk on pedestals is of American country manufacture, perhaps Pennsylvania, and probably dates about the 1850s. Its rectangular form is in the classical tradition.



GERMAN EARTHENWARE

Q. *I am enclosing a pencil rubbing and photographs of my old earthenware piece, which is said to be German and was salvaged from walls left standing during the bombings of the war. What can you tell me about it?*

D.W.—Dodge City, Kans.

A. The initials W S & S found on earthenwares, 1820-1860, were used by the Bohemian firm of W. Schiller & Son of Bodenbach and by Wilhelm Sattler & Son of Aschach, North Bavaria. The castle of Chillon, at the foot of precipitous mountains on the shores of the Lake of Geneva, facing the Alps of Savoy, was built in the second half of the 13th century by Count Peter of Savoy, popularly known as "the little Charlemagne." For nearly 200 years, Chillon was the favorite residence of the counts and dukes of Savoy. In the 16th century, Bonivard, the prior of St. Victor's in Geneva, was imprisoned at Chillon. His misfortunes inspired Byron's famous poem "The Prisoner of Chillon."

CONNECTICUT SILVER

Q. *From the unusual mark that I've sketched, can you tell me where my silver baskets were made and when?*

S.H.—Valparaiso, Fla.

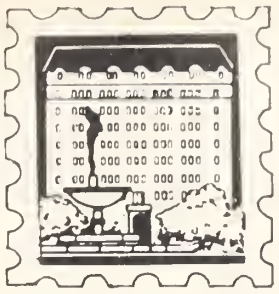
A. Your plated silver baskets with bail handles were made by the Barbour Silver Co., organized in 1892 at Hartford, Conn. It was one of the original companies to become part of The International Silver Co. in 1898.

EARLY AMERICAN CLOCK

Q. *Our Early American grandfather clock has the name L. & A. Hutchins on the brass face. What can you tell me about him?* **L.W. Charvet—Alameda, Calif.**

A. The American clockmaker Abel Hutchins (1763-1853) was apprenticed in 1783 to Simon Willard (1753-1848) of Roxbury, Mass., inventor and leading clockmaker of his time. From 1788 to 1821, Abel Hutchins was working at Concord, N.H. with his brother Levi. Brooks Palmer in *The Book of American Clocks* writes of this partnership that they made "fine tall clocks." Some tall clocks are marked "Levi & Abel Hutchins. Possibly they are the earliest."

Continued on next page



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Neiman-Marcus

continued from preceding page

BAVARIAN MARK

Q. *I've made a rough sketch of the mark on my pitcher. From it, can you tell where and when it was made?*

S.G.C.—Arlington, Minn.

A. Your pitcher was made at a porcelain factory started in 1901 by Johann Seltmann at Vohenstraub, Bavaria, Germany. It chiefly made tablewares and tea and coffee services.

ENGLISH TEA SET

Q. *Can you possibly identify the place of origin of my tea set and the period in which it was made?*

C.E.S.—Fort Lauderdale, Fla.

A. Your English pink luster tea set dating about the 1830s or 40s could be the work of a number of Staffordshire potters. It was probably made for the U.S., where Victorian porcelain and pottery were appreciated and found a remunerative market. Round and bulbous fluted bodies of the holloware and horizontal handles of the covered sugar bowl are features of the Empire style.

QUEEN ANNE STYLE CUP

Q. *Our pewter chalice is stamped "Leonard Reed and Barton." Who were these people and what can you tell me about the cup?* **J.T.—Columbus, Ohio**

A. Leonard, Reed and Barton of Taunton, Mass., was active only from 1837 to 1840, when Henry Reed and Charles Barton purchased Gustavus Leonard's interest, and they became the well-known Reed and Barton. Possibly the marks of both companies were used from 1840 to 1847. The simplicity of line of your standing or stemmed cup is in the Queen Anne-style tradition.

STAFFORDSHIRE PLATE

Q. *From the mark and photograph I've sent, can you tell who made my plate and about how old it is?*

H.A.K.—Decatur, Ill.

A. The Staffordshire potters William Brownfield & Sons, who made your plate, were active at Cobridge 1850 to 1891. After 1876 "& Sons" was added to the printed mark. "Wisconsin" is the pattern name.

AMERICAN CHEST

Q. *My friends say my pine chest dates to the 1600s. Can this be true? Do you know where it was made?*

C.S.S.—St. Petersburg, Fla.

A. Originally your pine chest—possibly a dower chest—was painted. It is of American provenance, probably dating about 1750.

ANTIQUES SHOW

A model of the U.S. Frigate Savannah, which was Commodore John Drake Sloat's flagship at the capture of Monterey, July 7, 1846, will be part of a loan exhibit of artifacts featured in the Monterey History and Art Association's 2nd Annual Antiques Show, Sept. 1-3, at the Monterey Conference Center, Del Monte at Alvardo, Monterey, Calif. 93940. ■

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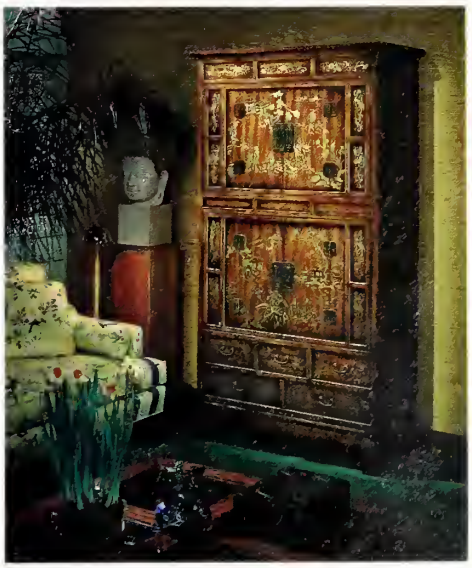
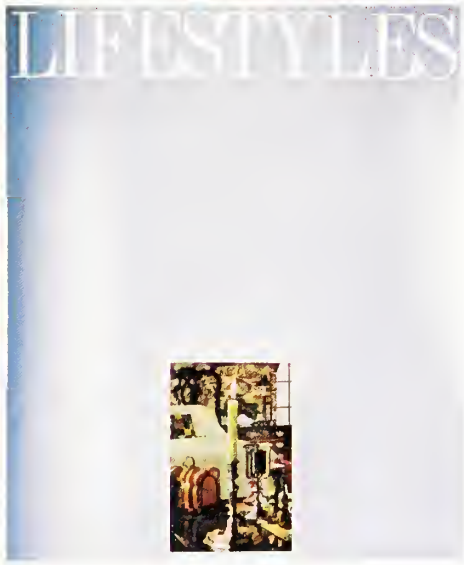
Tile Council of America, Inc. PO Box 2222, Room 853, Princeton, New Jersey 08540.

HOME DECORATING PROBLEMS:

DREXEL HERITAGE HELPS YOU SOLVE THEM WITH STYLE.





DREXEL HERITAGE
HERITAGE DREXEL

NEW PARTNERS

You're

about to furnish your first home together, but you want lasting style and usefulness for years to come. Here's Drexel's solution:

Invest in a few good pieces first, starting with living area seating and functional occasional items. Choose furniture with clean, classic lines. This sofa with matching love seat, for example, can be dressed up or down and goes with many style periods. Fabric shown is an imported linen/cotton blend—smart combination of the dramatic and the practical. A pair of deeply tufted velvet chairs completes the setting.

Select designs that are light in scale, such as this glass-top table. Storage units can be beautiful, too. This well-proportioned china cabinet provides an elegant display for now and future treasures.

Use warm, restful tones for walls and carpeting. Accent the scene with lively, eclectic accessories. Above all, relax and enjoy yourselves.

And visit your Drexel Heritage dealer soon.

From the Traditional Classics Upholstery Collection by Drexel®

CASUAL LIVING

Don't just dream about the casual life, live it! In comfortable, rustic, romantic style. Drexel shows you how:

Freedom is the keynote here. Freedom to create your own lively harmony of styles. Choose furniture that expresses your free spirit. Like the imaginative blend of English manor and country casual styles you see here.

Mix the room's moods: notice how the beautifully finished pecan solids and oak veneers provide elegant counterpoints to the rustic beams and ceiling.

Bring nature in. The easiest way is with flowers, be they gathered in a fresh bouquet or scattered gaily through a printed fabric.

Wall treatments? Try stained paneling or grass-cloth. For floors, you can't beat wall-to-wall carpeting for minimal upkeep and go-with-anything style.

Think comfortable, natural, carefree.

And visit your Drexel Heritage dealer soon.

rom the Chartwell Collection of Bedroom, Dining Room and Occasional Furniture by Drexel®

FORMAL ELEGANCE

How

can you, who love gracious traditions and classic style, live with space-age intrusions like TV and stereo equipment? Heritage has the answe

Hide them. In appropriately designed fine furniture. The Dynasty home entertainment center pictured is a good example. The exterior displays exquisite chinoiserie over gleaming fruitwood veneers. The interior features reinforced, adjustable shelves, swivel TV shelf, special cable access rear panels.

When purchasing television and home music systems, avoid bulky console units. Then you can custom-fit components. And you don't pay for furniture you don't want.

Whether buying new or using existing equipment, measure carefully before selecting furniture for it. Several Heritage collections include elegant, period-style pieces that accommodate speakers, as well.

Plan, measure carefully, select with an eye to the total setting, including important upholstery pieces. **And visit your Drexel Heritage dealer soon.**

From the Dynasty Collection of Occasional and Dining Room Furniture by Heritage®

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These ideas were inspired by our exciting new book, Lifestyles By Drexel Heritage. For your copy send $7.50 to Drexel Heritage Furnishings Inc., Dept. 15-8-78 Drexel, N.C. 28619. Or get a reduced price at participating Lifestyles Drexel Heritage dealers. For nearest dealer, and/or Lifestyles dealer, call

40% off on Towle Sterling

WHEN YOU PURCHASE A 32-PIECE SET FOR 8 OR A 6-PIECE HOSTESS SET.

GROUP I

GROUP II

GROUP III

SETS PLACE SIZE	GROUP I Reg. Price	 40% Off Price	GROUP II Reg. Price	 40% Off Price	GROUP III Reg. Price	 40% Off Price
32-Pc. Set	$1280.00	$768.00	$1456.00	$873.60	$1672.00	$1003.20
24 Monthly Payments		$32.00		$36.40		$41.80
6-Pc. Hostess Set #1	$401.00	$240.60	$448.25	$268.95	$511.50	$306.90
24 Monthly Payments		$10.03		$11.21		$12.79
6-Pc. Hostess Set #2	$225.25	$135.15	$252.25	$151.35	$288.00	$172.80
24 Monthly Payments		$5.62		$6.31		$7.20

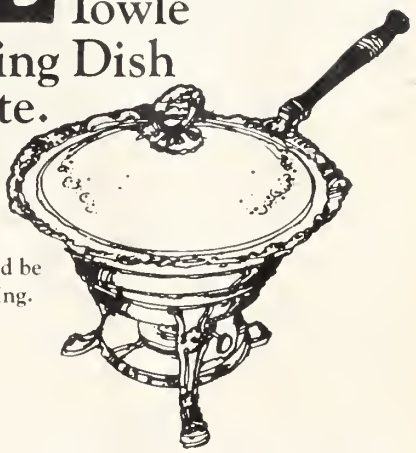
A complete open stock sale price available on request.

Order direct from Carter's, one of America's largest and most respected silver dealers. Your money returned if you are not completely satisfied. Save 40% on 32-piece sets for 8, (8 teaspoons, knives, forks and salad forks) and receive a Towle Chafing dish FREE, ($150.00 retail value). Also 40% off 6-piece Hostess Set #1; (Butter Knife, Cold Meat Fork, Gravy Ladle, Sugar Spoon, Tablespoon, Pierced Tablespoon). Hostess Set #2; (Nut Spoon, Cheese Knife, Cream Ladle, Jelly Server, Pickle Fork, and Cake or Pie Knife). All open stock 33⅓% off regular prices.
WE PAY shipping costs. NO SALES TAX unless you are a Mississippi resident.

Over 300 patterns 30% to 60% off suggested retail prices, (all major lines). Write us and we'll quote prices on the pattern you desire.

FREE WITH THE PURCHASE OF A 32-SERVICE FOR 8.

Towle 2-Quart Chafing Dish Fine Silverplate. $150 value.



Has alcohol burner and would be a great addition for entertaining.

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32-Pc. Set for 8		@ $		each $	
6-Pc. Hostess Set #1		@ $		each $	
6-Pc. Hostess Set #2		@ $		each $	

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Address _____
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☐ Check enclosed for the full amount, (Miss. residents add 5% sales tax) or choose one of the following methods of payment.
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GOOD LOOKS & GOOD HEALTH

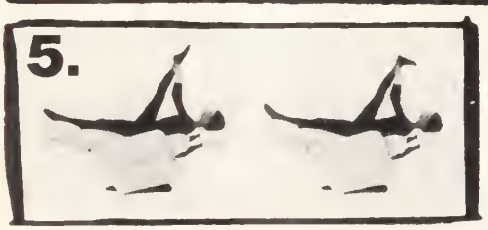
The lazy way to excercise

Exercises from expert Barbara Pearlman that turn your recliner into Fitness Furniture

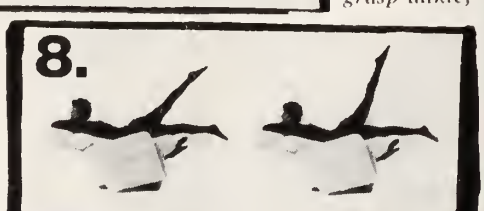
By Paula Rice Jackson

Can furniture affect your health? Studies called "ergonomics"—the science that looks at your physical comfort in terms of environmental design—indicate that furniture can have (and ought to have) more of a contributing influence on how you feel. (See page 108 for more about this fascinating research.) A recliner, for example, has the built-in flexibility to allow you to shift the body's weight and evenly distribute its pressures. Here is a series of movements to do on yours. This recliner is La-Z-Boy's "Reclina-Rocker" covered in a white Haitian cotton.

1 *Warm up by sitting in the chair with the footrest down, back up. Clasp hands behind head, arch back forward and down, stretching spine. Repeat as you wish for each exercise.* 2 *Lower recliner full-length; sit on edge of seat. To strengthen upper arms and pectorals, clasp hands behind back while sitting cross-legged. Roll forward, raising arms up high behind; release and bend back, arching spine, rolling head back.* 3 *Raise recliner to a slant. Stretch lower spine, calves, and lengthen heel chord by raising hands overhead, stretching through rib cage, bending forward and grasping toes, flex heel forward.* 4 *Lower recliner full length and lie on side with weight on hip, head resting on palm.*



To tone thighs & improve balance, kick leg high and lower slowly. Turn over. 5 *With head at footrest, lift & grasp ankle; flex heel chord; alternate legs.* 6 *Stretch-out with arms overhead; bend forward and drop as close to knees as possible; release.* 7 *On your stomach stretch out. Separate knees and slowly lift upward one at a time.* 8 *Lying on stomach, lift one leg straight, kick, kick again a bit higher. Alternate legs and repeat as long as it's comfortable. On stomach raise torso supported with hands and forearms. Stretch out legs straight, elongate spine by pulling chest and sternum before you, pulling chin up and back.*



For new at the stores, see page 24

HACIENDA
COLLECTION

Exciting fabric adaptations from the charmingly primitive handcrafts of Mexico and Central America

Available through interior designers and at Barker Bros., Bloomingdale's, Burdine's, Famous-Barr, Higbee's, D.H. Holmes, Shillito's, Stewart Dry Goods, Strawbridge & Clothier and other fine stores.

AVAILABLE WITH DUPONT ZEPEL SOIL/STAIN REPELLER

The delightful designs of the all cotton prints in this colorful collection have been artistically reproduced to retain the handcrafted look of the unique originals.

There are sixteen to choose from—each in a variety of contemporary colorways, with companion wallcoverings, that offer dramatic new directions in decorating. The "Hacienda" collection from Schumacher—the source of fine fabrics, carpets and wallcoverings.

SCHUMACHER

939 THIRD AVENUE, NEW YORK, N.Y. 10022

Dry lips?

If you have dry lips or sore lips, you need Blistex, the medicated ointment in the tube. Blistex soothes and softens cracked, chapped lips, no matter what makes your lips that way! It's also great to help heal fever blisters and cold sores.

Blistex –
The lip soother

Beauty and health products new this month in the stores

A late summer discovery comes from one of the most original influences in the world of fashion—*Madame Grès*. Her new scent, **Quiproquo** (which everyone is calling "QPQ" for short) appeals to men and women and is worn by both. The scent is neither sharply masculine nor very floral, but is instead tart, crisp, and replete with long-lasting overtones of herbs, spices, mosses, and buds. If you like to try new fragrances in small, trial sizes, there is a single ounce of Eau de Toilette for $7.50; a 2-ounce Eau de Toilette, $10; an 8-ounce at $21! Look for it at Bonwit Teller, all stores.

August brings with it a shopper's basketful of small, marvelous helpers that get you to the end of summer feeling relaxed and fit, get you ready for the upswing season of fall. For your hair: a one-step replenisher called **Hair Repair Shampoo** that's first-aid treatment for dry, fine, and overexposed-to-the-sun-and-wind hair. It's pH balanced, loaded with conditioners, and still mild enough for you to use everyday. Hair Repair Shampoo is by *Ogilvie*, 8 ounces for $3.25 at drugstores everywhere.

For your skin: This one smells divinely because it's a deep-cleansing team of ground almond meal and peach-scented lotion. Holly Flor at *Glemby* has put together this skin cleansing combination that's right for every skin type. Mix a quarter-teaspoon of the almond meal with a few drops of activating lotion and water to make a light paste. Gently rub on forehead, jawline, nose, chin, and cheekbones to nudge away surface impurities and dryness. Use it once a week or every day, depending on your skin's natural quantity of oil. **Deep Cleansing Almond duo**, $11.50 at Bergdorf Goodman and Glemby Salons across the country.

For your body: It's all on tape. **Marjorie Craig's 21-Day Shape-Up Program for Men and Women** is a 60-minute cassette tape of her exercises adapted from her best-selling book of the same name, published by Random House. The tape is made for both stereo and monaural, no need to specify. Order it by mail from Elizabeth Arden Salon, 691 Fifth Ave., New York, N.Y. 10022, $14 ppd.

For your nails: nine new colors in an all-in-one formula from *Frances Denney*. **Frances Denney Nail Colors** are new to the treatment and makeup group, the colors soft and berry-hued, and each formula includes base-coat, vibrant color, and top-coat built in. Three shades are especially good-looking on tanned hands—Nutmeg, Pimento, and Mulberry. They're $4 each available at fine department stores throughout the country.

Another nail product represents a breakthrough in reducing the harsh effects of acetone in polish removers: **Lotion Polish Remover** is just that, a pearly-thick lotion packed with three times the amount of moisturizing ingredients in contemporary removers. It's worth it to take a bit longer to take the polish off, too. Remember always to wash your hand with soap and water to thoroughly neutralize the acetone. Lotion Polish Remover is by *Vaseline Intensive Care Brands*. 3 ounces, $1.15; 5 ounces, $1.50—and the citrus scent is delightful! It will be at drugstores everywhere late summer.

Have you encountered the problem of trying to cleanse sunburned skin? How about skin that's chapped or windburned? **Purpose** is a new translucent soap from *Johnson & Johnson* made for super sensitive skin, whether it happens to be affected by overdoses of weather or not. Almost anyone with a dry skin will find it mild enough to use for both face and body. With its own soap dish, $1.20; a dry skin cream has been developed, too—**Purpose Dry Skin Cream**, which is lightly scented. $2.75. Both will be at drugstores everywhere.

For country-flowers fragrance lovers, exciting news—**Penhaligon's**, the famed London perfumer, has opened a small shop at Bergdorf Goodman, New York. The specialty here is flower fragrances and they are still being made from Walter Penhaligon's original notebooks, when he was court barber to Prince Albert. The eau de colognes are very special and include Lily of the Valley, Gardenia, Night Scented Stock, Orange Blossom, Violetta, and Esprit de Lavande; from $17 to $80 in crystal apothecary's stoppered bottles. Write Penhaligon's at Bergdorf Goodman, 754 Fifth Ave., New York, N.Y. 10019 for a free price list and fragrance catalogue.

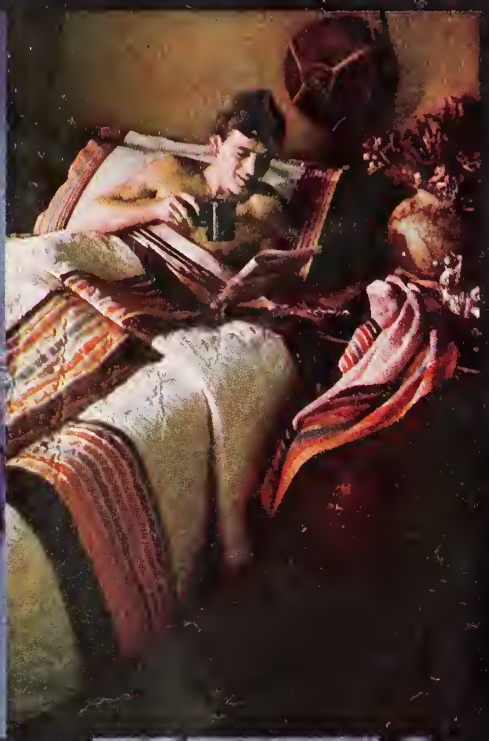
A modified collagen protein you apply to your nails with a small sponge applicator is a new treatment called **Pro Nail** by *Andrea*. The formula comes in a slim vial that drops into any makeup kit or purse—spillproof, too. $3 at drugstores. ■ PAULA RICE JACKSON

Your fragrance and herbal almanac

The sign: **Leo**
Circa: July 23-August 22

Ascribed to Leo are the valuable saffron crocus and flavorful angelica. Four thousand flowers are required to make a single ounce of saffron, used to flavor rice, soups, and dressings. The seeds of angelica flavor Chartreuse and Benedictine; the entire plant can be used for food. Spice orange fragrances, like those in Nina Ricci's *Bigarade*, appeal to Leo and the vital lioness will love unusual *Cristalle* by Chanel. Cool in summer and regal to the Leo male is *Polo* by Ralph Lauren. MARIA REACHI

The Many Moods of Royal Family.



Mood. It's a whim of the moment or a strong conviction. It embraces a sense of style, a love of beauty. Royal Family has it in a wide array of bed and bath ensembles that run the gamut from geometrics to gentle flowers, from traditional to contemporary patterns.

Mood. It's a certain feeling for luxury, for quality. Royal Family has it with soft plush towels in a virtual rainbow of colors. Royal Family also offers extra luxury in exclusive new Comfortcale,™ the very cotton sheet, available in selected patterns.

Mood. It's designers like an Oscar de la Renta, constantly seeking the new and different for Cannon, anticipating fashion trends so you always have the last word in bed and bath decor.

Mood. Elusive, profusive—a very personal matter. And the beauty of it all is, no matter what your mood, Royal Family has the mood to match it.

Royal Family by Cannon.®

Cannon Mills, Inc., 1271 Avenue of the Americas, New York, N.Y. 10020

MONEY MATTERS

By Paul Gross

Money and the single breadwinner

How to plan wisely for the future when you're making it on your own

What a time to be alive! Never before have single people, especially single women, had so many opportunities to get ahead financially and professionally.

A career is key in the single person's lifestyle, but remember it's almost worthless unless you take some steps to insure your own financial well-being. The reasons are quite simple. First, your company, as generous as it might be, probably isn't saving or investing money for you. Building a nest egg is your responsibility, and chances are that your company's group insurance policies are not as adequate as they should be either. Very few of them are. Moreover, no company will help you establish or keep a good credit rating. And finally, companies rarely provide housing for their employees.

The saving game

Your first step is to set aside some money for a rational savings and investment plan. That's more important than ever—given the current sad state of the economy. (If a savage rate of inflation and the threat of recession doesn't motivate you, I don't know what will.) What's more, a regular savings program, even a modest one that's invested wisely, tends to snowball impressively. Second, the money you accumulate will help you get credit to finance the future.

Now, if you're like the rest of us, you'll probably be quick to respond that you're living close to the line now and can't possibly spare a sou for savings. That's a nice rationalization, not reality. Anybody, and I do mean anybody, can save. As a matter of fact, people who live close to the poverty line usually manage to save a greater percentage of their income than people with high incomes and exotic lifestyles. There are no pat formulas. However, once you start, make the amount a regular goal that can't be slackened up on. Later, when you've gained some confidence in your savings program and an increase in income, you can shoot for a higher goal. By the way, it really helps to write down your goals—it will reinforce your will to save regularly. First, it will help you make projections that will dramatically show you just how much a little saved each week or month can add up to over the long run. Second, it will help you monitor your progress. Finally, realize from the outset that you will have to give up something to get something later. The rewards will usually far outweigh any sacrifice you have to make. As psychologists are fond of saying: "Some present pain for future gain."

Credit lines

Ironic as it may sound, bankers are more willing to give you credit if you already have money. That's important because it's generally harder for a single person to get credit than it is for someone who's married. It's an attitude that's based partly on fact, partly on prejudice. The fact of the matter is that married people do tend to plan more for the future and hence accumulate more tangible assets than do singles. The prejudice is that singles aren't as stable as married people. (That's a prejudice that singles also have to face in the job market.)

Under the Equal Credit Opportunity Act, women have all the credit rights of men. Whether you get credit or not depends on your ability to pay back the amount you borrow. While your income and credit rating can be taken into account, your biology cannot. In the past, lenders tended to ignore the income of women because they felt it could easily be disrupted by pregnancy. Without credit, precious few of us would be able to buy furniture, a car, clothes, or a house. And as it stands now, a growing number of single women are buying all of these things—even houses.

House owning

It's perfectly true, a decade ago single people rarely bought houses. Now 20 percent of all homebuyers are single people who have the wherewithal, credit, and desire to buy a house. That's a wise move. For one thing, owning a home gives you some substantial tax shelter because you can deduct interest payments and property taxes. People who rent pay enough a month to help their landlords pay these expenses but don't get to deduct them. And in addition to being a tax shelter, houses are also a dandy hedge against inflation. As anyone who's been looking for a house or cooperative or condominium can tell you, prices have been soaring for some years now. In fact, most financial advisors think that housing is one of the best investments anybody can make.

Do note, however, that it doesn't make sense to buy a house with a group of friends—as tempting as that might seem. From a legal point of view, it's horribly complicated. Just consider some of the complexities. Who owns what? Who gets to deduct interest and property taxes? Who's responsible for the mortgage payments? What happens if one of the joint owners dies; how would his or her estate be settled? And what happens to you in the meantime? Married couples don't face these problems because they are related and recognized as a legal entity. True, most of these problems could be solved by forming a partnership or some other legally recognized form of joint ownership. But that in itself is complicated. Furthermore, just one good fight could dissolve the friendship as well as the partnership. Then you could face some income tax and financial problems if the house was sold at a profit. Finally, all of this assumes that you would be able to get a mortgage. The chances of that happening are fairly slim—given the basically conservative nature of most bankers. You may be fired up with enthusiasm for the idea, but they'll probably be disappointingly cautious.

Payoff investments

Whatever else you do, keep in mind that a savings plan is a means to an end, not an end in itself. It will help you develop the discipline you need to get ahead, provide some money if an emergency crops up, and help you build up a "nut" with which to invest. It will not do any more for you. You need some good payoff investments for that. The reason is quite simple. As attractive as the interest rate on a savings account may seem, you're still losing money on every dollar tied up in a savings account. For one thing, savings account interest rates are lower than the rate of inflation. For another, income taxes will whittle down what you're making even further. So the money you have locked up in savings accounts is actually shrinking—not growing. Still it's probably the best way to set aside some money until you have enough to invest with. How you invest your money is up to you, of course. (This column will soon start covering the various investments open to you.) However, there are some points to keep in mind.

Always play the economy as it lays. To paraphrase the writer of *Ecclesiastes*, there is a time to play the stock market, and a time to switch to something else. Learn before you get burned. While ig-

Continued on page 28

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norance may be bliss, it's also one of the surest ways to lose a lot of money. Learn as much as you can about whatever you're thinking of investing in before you commit your money to it. If you're interested in the stock market, find out how it works. To win in the market, you have to know what makes it, as well as individual stocks, move. Once you think you understand the stock market, play it on paper for a while. Pick some stocks and pretend that you have bought them. Then track them for a while to see if you have made a wise investment. This will help you learn some of the lessons all investors have to learn without the pain of losing money. Then when you're confident that you know what you're doing, you can invest real dollars in the market.

Be flexible and willing to admit mistakes. Those who engrave their theories in stone and follow them blindly carve their own epitaphs. Almost every type of investment field is littered with the tombstones of people who were right—dead right. Don't be blinded by the numbers, even if they're dazzling. As one investment advisor puts it: "The numbers will always add up, even if the assumptions don't." For example, someone may try to lure you into a real-estate deal by promising a 10 percent a year return on your money, a substantial capital gain down the road, and some terrific tax breaks for the first 15 years or so. Chances are that it will all be laid out for you in an impressive looking document. The numbers will add up—mathematically—but the assumptions behind those numbers may not make any sense at all. The building may be in an area that's going downhill rapidly or in a bad market area. Chances are that these factors will not be spelled out. That's for you to determine.

Finally, always set goals for yourself—regardless of what you invest in. Without goals or investment perimeters, you will be adrift and hence at the mercy of whatever tides affect the investment you've put your money in. For example, if you are thinking of investing in the stock market, figure out when you will sell a stock—whether it rises or falls. If you're interested in a stock that is now selling at $30 a share, you might decide that you will sell it when it reaches $40 or if it falls to $27. Be reasonable when setting the goals, otherwise they won't work. As an old investment maxim puts it: "Bears make money and bulls make money. But pigs never do."

Insurance protection

As you begin to get ahead, you should definitely consider buying enough insurance to protect yourself if worst came to worst. After all, as a single person you have more at stake. You should have a

Continued on page 32

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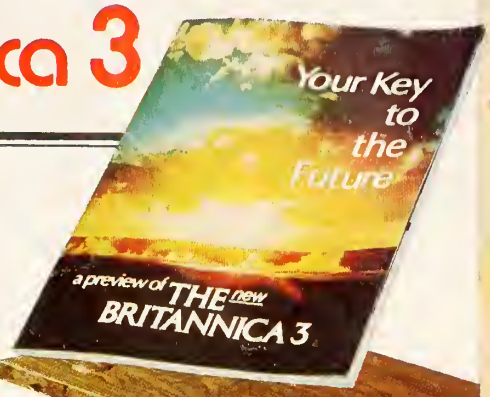

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continued from page 28

good health insurance policy, a policy that will give you a steady income if you were to be disabled, and life insurance. Yes, even single people should have some life insurance.

Health insurance is an absolute must, as anybody who has recently visited a doctor or has been hospitalized can tell you. To put it bluntly, some operations are starting to cost as much as houses did a decade ago. Get as much health insurance as you can afford. And whatever else you do, don't let a group health insurance policy that's offered by your employer lull you into a false sense of security. Even good group health policies aren't as good as they might seem at first. The stated amount that most of these plans reimburse for hospital room and board costs hasn't kept up with soaring hospital fees. The amount they'll pay for surgery is usually even worse. Hence, you would be wise to consider buying an excess major medical policy. It will pick up where a major medical policy leaves off. In fact, the deductible on an excess major medical policy is usually tied to the policy limit of your major medical policy. For example, if your major medical policy covers you for up to $30,000, the deductible on your excess major medical would probably be $30,000.

Like health insurance, disability insurance is an absolute must. Sure the risks of being totally and permanently disabled are relatively slim. Even so, it's not worth taking any chances. And granted, you would probably get some income from Social Security and a group disability insurance policy, if you have one. However, that won't give you enough money to meet your needs, unless you're independently wealthy. Moreover, many group policies will stop paying benefits after only two years, possibly sooner. Hence, you would be wise to seriously consider picking up an individual disability insurance policy. Most will give you 60 percent of your current gross income up to a limit of $3,500 or so a month. If that seems low to you, keep in mind that the income from disability insurance is tax free. There are two major points to check out on a disability insurance policy. It should define disability as an inability to function at your regular work. That will let you collect full benefits even if you become fit enough to take on a job that is less demanding than the one you had. For example, if you were a salesman when you were disabled, a clause like this would let you collect disability checks even if you became well enough to work as a part-time consultant. Also make sure that the policy is noncancelable. That means that the premiums can't be raised and the policy can't be canceled—unless, of course, you stop paying the premiums.

Now for life insurance. Most singles are absolutely amazed when they're told that they should have a life insurance policy. "What for?" they ask. "I have no heirs or family to worry about." While that may be true now, you never really do know what will happen in the future. If marriage did, you'd probably want to protect your partner by being adequately insured. The problem is that you may not be all that healthy or as insurable then as you are now. Moreover, the longer you wait to pick up a policy, the more it will cost. That's reasonable since the insurance company's risk rises with your age. But even if you absolutely know in your heart of hearts that you'll never ever get married, you still should have some life insurance. At the very least, you'll probably want to provide some money for funeral and estate settlement expenses. And the chances are that you'll want to provide some money for your loved ones—either friends or members of your family. If that surprised you, you'll probably also be surprised to hear that you should have a will. While you may not think that you have enough property to worry about disposing, the odds are that you have a fairly sizable estate. Most people do. Count your blessings. Consider the value of your car, furniture, house (if you own one), stocks or other securities, life insurance policies, and the survivors benefits of your pension or profit-sharing plans. All in all, it probably comes to a sizable amount. Now consider what would happen if you died without a will. The state will step in to do what you failed to do. A court will decide who gets what. And in the process, it will take whatever it can in fees and taxes. Personally I resent the high taxes I have to pay while I am alive and hence hate the thought of having to pay more after I've died. Sure, I can't take it with me. But who says they can take more from me?

Note: Paul Gross wrote about the finances of divorce, including the tax situation for men and the allowances for mothers with dependent children, in November, 1976 of House & Garden.

Manuscripts

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WHAT'S COOKING IN WASHINGTON

Recipes for a Vice President—from the Mondales' party on page 86

Dinner for the Cabinet

Philippine egg rolls
Cream of mushroom soup
Crabmeat stuffed rockfish fillets with herbed cherry tomatoes
Wild rice,
green beans in carrot rings
Rolls, salad, cheeses
Château Montelena Chardonnay 1975

Fresh fruit
Oatmeal lace cookies
Pecan and lemon curd tartlets
Almadén champagne

Lumpia

(Philippine egg rolls)

These are much lighter and smaller than Chinese egg rolls. The cooks at the Vice President's house make their own "doilies," so they are extremely thin and delicate. They are also difficult for the novice. The Filipino cooks brush the batter onto a hot grill with a large paintbrush into the shape of a 6-inch circle. It is easier to do this in a 6-inch crêpe pan, pouring in the batter. The alternative to making doilies is to buy the doilies for Mo-Shu pork in an Oriental market. They are not quite as thin, however.

INGREDIENTS FOR DOILIES

3 cups flour
5 cups water, less 2 tablespoons
Salt to taste

INGREDIENTS FOR FILLING

¾ pound ground pork or beef
5 ounces raw shrimp, chopped

ELLIOTT ERWITT

The Vice President in the kitchen

1 small onion, chopped
1 8- or 8½-ounce can water chestnuts, drained and finely chopped
½ 8- or 8½-ounce can bamboo shoots, drained and finely chopped
1½ stalks celery, finely chopped
3 cloves garlic, finely chopped
1 small carrot, cleaned and finely chopped
½ pound fresh bean sprouts or 1 1-pound can, drained
½ cup raisins, chopped
Salt, pepper to taste
Egg white, beaten lightly
Corn oil

METHOD FOR DOILIES

☐ Combine flour, water, and salt to taste and mix thoroughly with wire whisk to remove lumps. Batter should be about the consistency of a crêpe batter. Add a little water if it is too thick. If the batter thickens as it sits, you may have to add more water.

☐ Heat a 6-inch crêpe pan and wipe out with lightly oiled wax paper. Pour on batter quickly to cover bottom; pour off excess. Allow to cook over low heat until the edges begin to curl and pull away from sides of pan. Remove and place on clean, dry surface; repeat, oiling pan each time. Do not stack doilies on top of each other until each has cooled. Before filling, cut off excess batter to make perfect circle.

METHOD FOR FILLING

☐ Cook pork or beef in a large skillet until pinkness is gone. Drain off grease. Add shrimp, onions, water chestnuts, bamboo shoots, celery, garlic, and carrot and cook until carrot is almost tender.

☐ Stir in remaining ingredients except egg white and oil, and mix well. Cook until bean sprouts are limp. Pour mixture into strainer and cool, allowing as much liquid as possible to drain off before filling rolls.

☐ Use about 1 heaping teaspoon for each doily. Place filling near one side. Roll doily over filling a couple of times and then fold in sides and roll up tightly. Seal flap with a little egg white.

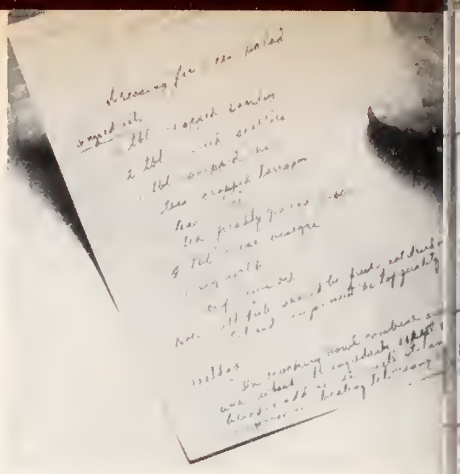
☐ Deep fry in corn oil heated to about 375°, until rolls are golden. Drain thoroughly on paper towels and serve with sauce (recipe below). Makes about 45.

Note: If rolls are filled ahead of time, cover and refrigerate until it is time to serve. Return to room temperature and fry.

Lumpia sauce

INGREDIENTS

2 cups pineapple juice
1 cup catsup



Recipe handwritten by the host

1½ teaspoons vinegar
1 tablespoon brown sugar
Dash hot pepper sauce
½-inch cube crushed ginger
¼ teaspoon salt
1 tablespoon cornstarch

METHOD

☐ Combine all ingredients but the cornstarch and heat. Meanwhile mix the cornstarch with enough of the pineapple juice mixture to make a smooth paste. Return cornstarch mixture to pot and simmer until mixture is thick. Makes about 3 cups.

Cream of mushroom soup

INGREDIENTS

1 pound mushrooms
7 tablespoons butter
¼ cup onions, minced
3 tablespoons flour
6 cups chicken stock or broth, boiling
Salt, pepper to taste
1 teaspoon lemon juice
2 egg yolks
¾ cup heavy cream
3 tablespoons parsley, minced

METHOD

☐ Remove stems from mushrooms; chop and reserve. Slice caps and reserve.

☐ Melt 3 tablespoons butter in heavy pot. Add onions and cook slowly until they are tender but not browned. Stir in the flour and cook, stirring, over medium heat for 2-3 minutes. Do not brown. Remove from heat and pour in boiling chicken stock, stirring. Season with salt and pepper and add mushroom stems. Simmer gently for 20-25 minutes, skimming as needed. Strain, return soup to pot.

☐ Melt 2 tablespoons butter in another pot. Add sliced mushroom caps, salt, and lemon juice. Cover and cook slowly 5 minutes. Pour mushroom mixture into soup and simmer 10 minutes.

☐ At this point the soup may be set aside and the remaining steps completed just before serving. If soup is set aside, cover. Then reheat just to a simmer. Beat yolks with cream in large bowl. Then gradually beat in some of hot soup. Return mixture to soup in pot; adjust seasonings and heat for 1-2 minutes, but do not allow

Continued on page 36

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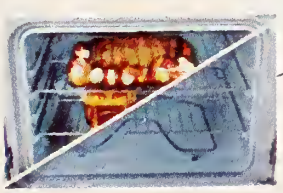

The conventional oven not only gives you the convenience of General Electric's P-7® self-cleaning system, but an automatic oven timer. There are also settings for bake, time bake, broil, and clean, in addition to temperature control.

THE APPLIANCES AMERICA COMES HOME TO.

GENERAL ELECTRIC

continued from page 34

soup to simmer. Remove from heat; stir in remaining 2 tablespoons butter and pour into individual soup bowls or tureen. Decorate with parsley and serve. Serves 6-8.

Rockfish stuffed with crab meat

INGREDIENTS

½ cup plus 2 tablespoons celery, chopped
6 tablespoons scallions, white part plus about 1 inch of green, chopped
¾ cup onion, chopped
2 tablespoons parsley, minced
¾ teaspoon turmeric
Salt, pepper to taste
2 pounds crab meat
6 rockfish fillets (1¼-1½ pounds each)
15 strips bacon
Butter
1½ tablespoons water
¼ cup soy sauce
1 tablespoon dry sherry
Juice of 1½ lemons

METHOD

☐ Combine celery, scallions, onion, parsley, turmeric, salt and pepper to taste in a bowl. Add crab meat and mix lightly.

☐ Wash and dry fillets with paper towels. Divide crab mixture equally among three of fillets; spread on each one. Top with remaining fillets. Place the stuffed fillets in a shallow buttered baking pan; do not crowd fish. Wrap 3 strips of bacon crosswise around each stuffed fish at equal intervals. Cut 3 more strips of bacon in half, crosswise, and place around ends of fillets to hold filling in. Cut remaining strips in half lengthwise and use to cover filling exposed on sides. Divide 3 tablespoons butter into thirds and use to dot fish between bacon strips.

☐ Combine water, soy sauce, sherry, ¼ pound butter, lemon juice, and salt and pepper to taste in a small pot. Heat until butter is melted and use to baste fish. Bake fish in a preheated 325° oven for 35-40 minutes or until fish is no longer opaque and flesh flakes easily with fork. Baste with sauce every 15 minutes, doing a final basting just before serving. Serves 9-12.

Herbed cherry tomatoes

INGREDIENTS

1½ pints cherry tomatoes
6 tablespoons onion, finely minced
6 tablespoons parsley, finely minced
1 large clove garlic, finely minced
½ teaspoon dried thyme
½ cup bread crumbs
Salt, freshly ground black pepper to taste
6 tablespoons olive oil

METHOD

☐ Wash tomatoes and stem. Combine remaining ingredients thoroughly in a small bowl. Arrange the tomatoes in a single layer in a lightly greased, shallow, ovenproof dish. Sprinkle herb mixture over top. Bake at 425° for 6-8 minutes or until tomatoes have softened but are not wrinkled and collapsed.

☐ Dish may be prepared ahead up to the point of baking. If refrigerated, return to room temperature before baking. Serves 6.

Table set for Cabinet dinner—Castleton china, Gorham flatware, Lenox crystal, Porthault paisley print for Wamsutta

Wild rice

INGREDIENTS

1 cup wild rice
4 cups chicken stock, boiling
1 medium onion, chopped
2 tablespoons butter
Salt, pepper to taste

METHOD

☐ Rinse the wild rice in cold water. Place in bowl and cover with boiling water. Allow to sit for 30 minutes. Drain, and cover wild rice once again with boiling water.

☐ When water cools, drain, and place wild rice in a pot with the boiling chicken stock. Stir, and simmer, uncovered, for about 40 minutes, until all of liquid is absorbed and rice is tender.

☐ While rice is cooking, sauté the chopped onion in a skillet with the butter until golden. When rice is cooked, stir onions and butter into wild rice; season to taste with salt and pepper. Serves 4-6.

Green beans in carrot rings

It's easier to buy the ingredients for this recipe by the piece rather than by the pound. Allow 3 carrot "rings" and 12 green beans per person.

INGREDIENTS

8 large carrots, scraped
70 young fresh green beans
Boiling chicken stock
Salt, pepper to taste

METHOD

☐ Slice off a piece from the carrots ¾-inch thick, and, depending on the diameter of the carrots at the top, slice off 1 or 2 more ¾-inch pieces. Using a melon baller or a slim vegetable peeler, remove the center of the carrot piece. Make the hole as large as possible without breaking the ring. Make 18 carrot "rings." Cook them in boiling salted water in a large pot for 2-3 minutes; drain.

☐ Meanwhile, wash and cut off tips of green beans. When carrot rings have been parboiled, fill the center of each with four green beans. Cook these green bean packages in boiling chicken stock to cover (partially covered with lid). Reduce heat and simmer until green beans are tender, about 15 minutes, depending on size and maturity of beans. Season with salt and pepper and serve. Serves 6.

Oatmeal lace cookies

INGREDIENTS

½ cup flour
¼ teaspoon baking powder
½ cup sugar
½ cup quick-cooking oats
2 tablespoons heavy cream
⅓ cup butter, melted
1 tablespoon vanilla
2 tablespoons white corn syrup

METHOD

☐ Sift together into a bowl the flour, baking powder, and sugar. Add the oats, cream, butter, vanilla, and corn syrup. Mix until well blended.

☐ Drop rounded ¼ teaspoons of batter onto ungreased baking sheets allowing 4 inches between them. Bake in a preheated 375° oven for about 4-6 minutes (check after 4 minutes), until lightly browned. Let stand 30 seconds before removing from pan.

☐ If cookies become too hard to remove, return to oven briefly to soften—just for a few seconds.

☐ Cookies freeze well. Makes about 4 dozen.

Pecan tarts in cream cheese pastry

INGREDIENTS FOR PASTRY

3 ounces cream cheese, softened
½ cup butter, softened
1 cup flour
¼ teaspoon salt

INGREDIENTS FOR FILLING

1 tablespoon butter
¾ cup dark brown sugar, packed
1 egg, lightly beaten
1 teaspoon vanilla
Dash salt
24 pecan halves

METHOD FOR PASTRY

☐ Combine ingredients in a bowl and blend thoroughly. Refrigerate for 3-4 hours or overnight. Divide dough into 24 balls. Press balls into bottom and sides of 24 miniature muffin tins.

Continued on page 48

"THIS 1937 GE REFRIGERATOR'S THE ONLY ONE MOM'S EVER OWNED. TO ME, THAT'S MONEY WELL SPENT."

– Elouise Prater

Jane Prater, Tyler, Texas

This General Electric 'Monitor Top' looks kind of funny today. But back when I bought it in 1937, it was real elegant.

And you know, it was one of the best buys anyone could make.

It's the only electric refrigerator I've ever owned, and it's sitting in my kitchen this very day, working away like it's always done. Still keeps the milk nice and cold, and the lettuce crisp.

It never needed any service, either, aside from replacing the gasket on the door.

My family teases me about it, but I simply can't replace this faithful friend.

The salesman who sold it to me still lives here in Tyler. I saw him the other day and I shook his hand. "Mr. Atwood," I said, "it's still working."

Elouise Prater, Temple, Texas

My mother-in-law's old 'Monitor' really influenced our choice. And I grew up with my own mother's GE refrigerator. She had it 30 years.

We've had so many GE appliances that have lasted and given great service, well, to me, the name General Electric means dependability.

So even though I looked at some others, I knew this beautiful GE side-by-side was the only refrigerator I wanted. I like getting ice cubes and crushed ice and chilled water without opening the door.

Inside, there's lots of room. And adjustable glass shelves that are easy to clean. Automatic defrosting, of course. Even a separate temperature control for my meat bin.

I expect it will last and last, like that 'Monitor' of Jane's. I can't imagine a better value.

THE APPLIANCES AMERICA COMES HOME TO.

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Crafted of fine porcelain and individually bordered in pure 24 karat gold.

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is is the first collection of its ever issued by the Sierra Club, it is available in exceptionally d edition—by subscription only. The subscription deadline is August 31, 1978.

wers of the American wilderness are the most beautiful of our natural es. Delicate, graceful and vibrant, ave the power to stir the heart as the senses. Yet so elusive is their that it is a rare artist indeed who can it with accuracy and realism.

now, the Sierra Club, America's fore- conservation organization, has com- ned one of the most gifted artists of ne—Jeanne Holgate—to do *exactly* that. ery first collection of porcelain plates. cclaimed artist whose style combines promising accuracy with a mastery of nd color, Jeanne Holgate works di- from the living flower. Thus, she is depict each wildflower exactly as it ature. So completely true to life that y creatures she so joyfully portrays ching her flowers are never a surprise viewer. For this is where the bum- and the grasshopper truly *belong*. result is a collection of beautiful on porcelain—so lifelike that each is with the inner beauty of the flowers elves. A collection that will bring the of our country's wildflowers into the where it can be enjoyed—year after by every member of the family.

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will be twelve porcelain plates in this c Sierra Club collection. Each will re 7¾" in diameter, a size chosen ally to enhance the delicate beauty of ject. And every design will delight the th its clear and uncomplicated beauty. of the twelve plate designs will por- ne loveliest wildflowers of a different of our country, from the enchanting *Slipper Orchid* of the New England to the *California Poppy* that grows in ion along Pacific shores . . . and from arming *Forget-me-not* that brightens laskan plains to the graceful *Water* lory of the Florida Everglades.

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But please keep in mind that the Sierra Club's *Flowers of the American Wilderness* plate collection is available for only a limited time. To subscribe, complete the application below and mail it by August 31, 1978.

There is no need to send any payment now. But please be sure your Subscription Application is postmarked no later than August 31st.

JEANNE HOLGATE's work is a permanent part of the great floral art collections of the world—including those of the Carnegie-Mellon University's Hunt Botanical Library, the British Museum, and the personal collection of Her Majesty Queen Elizabeth, the Queen Mother of Great Britain. She is the only artist ever awarded successive gold medals by the Royal Horticultural Society.

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ANTIQUES ON A SHOESTRING

Mary Emmerling examining furniture at America Hurrah Antiques—a rich hunting ground.

How to have the collection you want without spending a fortune

For most people, "antiques" is synonomous with "expensive." So how do you start your own collection when you're working within a budget? First, a lot has to do with what you call "antique." Mary Emmerling, a passionate and practical collector (see her apartment on pages 88-93) prefers to use the U.S. Customs definition that "anything certifiably over 100 years old is antique," but if she likes something enough, its age is not a crucial concern. During Mrs. Emmerling's 8-year span of collecting, she has been interested in English and French antiques, American oak, and now, American primitive. The recent shift to American primitive came with the country's celebration of the Bicentennial, which, as it did for many people, changed and enlarged her appreciation of Americana.

Mrs. Emmerling uses a collecting technique called "trading up," which means simply to buy small and low, and then resell and combine funds to purchase increasingly better pieces. She describes it: "At the beginning think small and buy *nothing* for show. Start with a quilt, a basket, a piece of crockery, or a wooden bowl. Condition is not crucial. If the bowl is split, or the crockery cracked, no matter—$5 is not an unreasonable price for a flawed piece. It's how you use it that counts. Since there is obviously a limited number of pieces a person has room to own, you should look for the unusual, buy only what has deep appeal to you, and hold out for those special finds when everything else is looking bland. Mend or repair the piece, or change the way it's used, and then sell it. I don't mean that you open up a shop, I mean that you trade it, or sell it to a friend. Friends always want pieces I've found and kept for a while. It's a great compliment. Gradually your friends will get to know the types you're looking for, put you onto tips and leads, and send others your way, who have things they want to sell. Small affordable things fit anywhere and American primitive seems to work with almost any design scheme.

"The overriding concern I have when I buy an object, any object, is that it be useful. For example, I think that finding accessories that are right, really *right*, is the hardest part of decorating. There's also a 'natural nosiness' I have that always makes me interested in how others have solved the same design problems—historically and right now."

Quilt as graphic: pieced "Barn Raising," c. 1885; overhead chandelier, after an antique Shaker design.

The way Mrs. Emmerling looks at it, if you can find three ways to use a piece you're thinking about buying, you'll probably be happy with the purchase. For example, a blanket storage chest—in the den you'll use it for books, camera equipment, magazines, extra blankets; in the children's room, for storing toys, puzzles, games; in your bedroom, for storing sweaters, quilts, odd fabric swatches, your needlework. Another example, a dry sink—in the living room, it's a bar; in the den, it's magazine storage, or lined with plastic, a planter. The point is that the most versatile things you own will continue to serve and delight you as they move from room to room while you slowly acquire better and better pieces.

"Since we can't afford to have some of the truly exquisite classical pieces of primitive, such as portraits and mirrors, I'll use a wreath of laurel, or a heart of pine cones, or painted red-and-black or yellow-and-black checkerboards on the walls instead. In place of an expensive piece of crockery filled with flowers, I'll lay 5-dozen daisies on a large white stoneware platter and put it in the middle of the coffee table. The effect is the same. I'm not seeking perfection as much as flavor and character.

"I began by buying oak. Oak is a light, young color for wood, and eight years ago was still a bargain. I loved living with the pieces—a pedestal dining table, a hutch, some chairs, some bedsteads. When my husband and I decided to collect American primitives, we sold every piece of oak we had in only two days. It's hard today to find the bargains I was stumbling on then. That's why knowing what you need is so important. It justifies whatever expense you're required to make. And values are increasing, especially in the years since the Bicentennial. You'll eventually find yourself with a houseful of old, treasured things you'll love living with." PAULA RICE JACKSON

An 1820s pine hutch painted "Old green" stores everything; plates, mixing bowls, place mats, candles.

KAREN RADKAI

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SALADS FROM A CHINESE GARDEN

Easy and delicious main-dish salads from May Wong Trent's kitchen and garden. *See page 114*

Chinese seafood salad

INGREDIENTS

1 pound scallops, cut into ¼-inch slices
1 pound shrimps, shelled and deveined
4 ribs celery, cut into thin strips, 2 inches long
12 scallions, cut into 2-inch pieces
4 tablespoons vegetable oil
3 tablespoons white vinegar
1 teaspoon fresh ginger, grated
3 tablespoons fish sauce, or light soy sauce
2 teaspoons sugar
White pepper, salt
3 cups Chinese mustard greens, cut into 2-inch pieces

METHOD

☐ Cook scallops and shrimps separately in a pot of boiling water until just done, about 2-3 minutes. Drain and cool.

☐ Combine the scallops, shrimps, celery, and scallions in a large bowl.

☐ Mix 3 tablespoons oil, vinegar, ginger, fish sauce, sugar, and salt and pepper to taste in a small bowl and add to the seafood to marinate.

☐ Meanwhile, bring a pot of salted water to a boil, add 1 tablespoon vegetable oil, and parboil the mustard greens in it for 30 seconds. Drain and cool.

☐ Line a large platter with the mustard greens and arrange the seafood on top. Serves 4.

Trent's chicken salad with snow peas

INGREDIENTS

2 cups cooked chicken, shredded
1 cup bamboo shoots, shredded
¼ cup scallions, cut into thin rings
4 tablespoons light soy sauce
4 tablespoons white vinegar
4 tablespoons vegetable oil
1 tablespoon toasted sesame oil
Sugar to taste
Salt to taste
2 cups fresh snow pea pods

METHOD

☐ Place the chicken, bamboo shoots, and scallions in a large bowl. Mix soy sauce, vinegar, 3 tablespoons vegetable oil, sesame oil, sugar, and salt in a small bowl. Add to the chicken mixture and toss well.

☐ Parboil snow peas for 20 seconds in salted boiling water with 1 tablespoon vegetable oil. Drain and cool.

☐ Arrange the chicken salad and snow peas on a large platter. Serves 2.

Vietnamese pork and rice noodle salad

INGREDIENTS

2 ounces rice noodles
2 eggs
4 cups fresh bean sprouts
2 cups Chinese roast pork, shredded, or boiled ham, leftover roast turkey or pork or beef (with any of the substitutes, use more soy sauce to taste)
½ cup light soy sauce or fish sauce
2 teaspoons fresh ginger, grated
2 cloves garlic, minced
1 teaspoon ground chili powder
3 tablespoons lemon or lime juice
1 tablespoon sugar
¼ cup water
1 cup chives, cut into 2-inch pieces
1 cup fresh mint leaves
10 lettuce leaves, Boston or Bibb
Scallion greens wilted in boiling water

METHOD

☐ Cook rice noodles in boiling water according to package directions. Drain, cool.

☐ Beat eggs in a small bowl. Heat a flat-bottomed pan, grease it, and pour in eggs. They should cover the bottom in a thin layer. Cook until set and turn out into a cutting board to cool. Cut omelet into thin shreds.

☐ Place bean sprouts in a colander and pour boiling water over them to make them wilt. Drain and cool.

☐ Put the pork, egg shreds, and bean sprouts in a mixing bowl. Mix soy sauce, ginger, garlic, chili powder, lemon or lime juice, sugar, and water in a small bowl. Add ½ of dressing to pork mixture and mix well.

☐ Arrange the pork salad in a neat pile on a large platter. Surround this with separate piles of noodles, chives, mint leaves, and lettuce leaves. Serve the remaining salad dressing in a small bowl on the side.

Continued on page 47

Henredon

The impeccable workmanship long identified with classic Oriental tradition is evident in Henredon's Pan Asian Collection. This chow cocktail table, for instance, features framed olive ash burl veneer top and intricately chased brass corner mounts. Such attention to authentic detail is found throughout this bedroom and occasional selection which can be seen by sending $1.00 for brochure to Henredon, Dept. G-88, Morganton, N.C. 28655.

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ontinued from page 44

☐ To serve, take a lettuce leaf and in it place small amounts of all the ingredients. Gather loosely and tie with a wilted scallion, if desired. Dip package in dressing to eat. Serves 4.

☐ You can also serve everything in individual plates and let the guests wrap their own from their plates.

Oriental boiled beef salad

INGREDIENTS

2 ounces cellophane noodles
2 cups cucumbers, peeled and cut into 1-inch wedges
4 cups lettuce, shredded
About 1 pound flank steak, thinly sliced
1 cup mint leaves
1 cup Chinese parsley (coriander leaves)
Juice of 1 lime
4 tablespoons light soy sauce
¼ cup water
2 tablespoons vegetable oil
Sugar to taste
Salt to taste

METHOD

☐ Cook the cellophane noodles in boiling water for 2 minutes. Drain and cool.

☐ Arrange the noodles on one side of a platter, and next to them the cucumber wedges. Arrange a bed of lettuce on the other side.

☐ Cook the beef slices in boiling water briefly, drain, arrange on the lettuce and sprinkle mint and parsley leaves on top. Mix lime juice, soy sauce, water, oil, sugar, and salt in a small bowl, then pour over beef. Serves 4.

Thai squid and pepper salad

INGREDIENTS

1 pound fresh squid, cleaned and cut into 2-inch pieces
1 cup onion, cut into thin strips
1 cucumber, cut into thin strips
1 cup sweet peppers, seeded and shredded
¼ cup green or red chili peppers, seeded and finely shredded
½ cup fresh basil leaves, chopped
Juice of 1 lime
3 tablespoons light soy sauce
3 tablespoons vegetable oil
Red chili oil to taste
Sugar to taste
Salt, white pepper to taste

METHOD

☐ Cook the squid in boiling water for 2 minutes or until curled. Drain.

☐ Mix squid, onion, cucumber, sweet peppers, and chili peppers in a bowl. Mix remaining ingredients in a bowl and toss with squid. Serves 2.

Indonesian vegetable salad with peanut dressing

INGREDIENTS

2 cups green beans, cut into 2-inch pieces
2 carrots, cut into thin strips
2 cups cabbage, shredded
2 tomatoes, cut into thin wedges
4 eggs, hard-boiled, shelled and cut into wedges
¼ cup shallots cut into rings, browned in oil and drained
½ cup onions, chopped fine
4 tablespoons vegetable oil
1 teaspoon ground chili powder
½ cup peanut butter
1 cup water
Juice of 1 lemon
Sugar to taste
Salt to taste

METHOD

☐ Parboil green beans, carrots, and cabbage separately in boiling salted water for a few minutes. Drain and cool.

☐ Arrange beans, carrots, cabbage, tomatoes, and eggs attractively on a platter. Sprinkle shallot rings on top.

☐ Make the peanut dressing in a skillet. Cook the onions in the oil until limp. Add the rest of the ingredients and simmer 1 minute. Cool. Spoon the dressing on top of the salad and serve. Serves 4.

Mussel and spinach salad with sesame seeds

INGREDIENTS

1 cup radishes, thinly shredded
1 cup cucumber, thinly shredded
4 tablespoons white vinegar
Sugar to taste
Salt to taste
1 4-ounce can smoked mussels, drained
1 pound spinach
2 tablespoons Japanese soy sauce
2 tablespoons white vinegar
Dash sweet sake or sherry
2 tablespoons white sesame seeds

METHOD

☐ Mix together the radishes, cucumber, vinegar, sugar, and salt in a bowl and let stand about an hour.

☐ Drain and arrange on one side of a platter. Arrange smoked mussels on top.

☐ Parboil the spinach for 1 minute in lots of boiling water. Drain. Take a handful of spinach at a time, squeeze out excess water gently, and use a knife to cut into 1-inch bundles. Arrange on the other side of the salad platter.

☐ Mix together the soy sauce, vinegar, 1 tablespoon sugar, salt to taste, and sake in a small bowl. Dribble dressing over the spinach.

☐ Toast sesame seeds in a dry skillet, until lightly browned and sprinkle over the salad. Serves 2. ■

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☐ Blend butter with brown sugar in a bowl and add egg, vanilla, and salt. Mix thoroughly.

☐ Fill pastry with filling. Top with pecan half and bake in a preheated 325° oven about 25 minutes or until crust begins to turn golden. Remove from oven and quickly run a sharp knife around edges to loosen any filling which might stick to muffin tin. Cool and remove from tins. Makes 24.

Fettucine ala pimiento Mon dal é

This is a specialty the Vice President likes to make for family dinners.

INGREDIENTS

¼ pound whipped butter, at room temperature
¼ cup heavy cream
Imported Parmesan cheese, freshly grated
1 clove garlic, finely chopped
2 tablespoons parsley, finely chopped
1 tablespoon pimiento, finely cut
6-8 quarts water
1 tablespoon salt, pepper
1 pound fettucine noodles
1 canned white truffle, sliced very thin or finely chopped (optional)

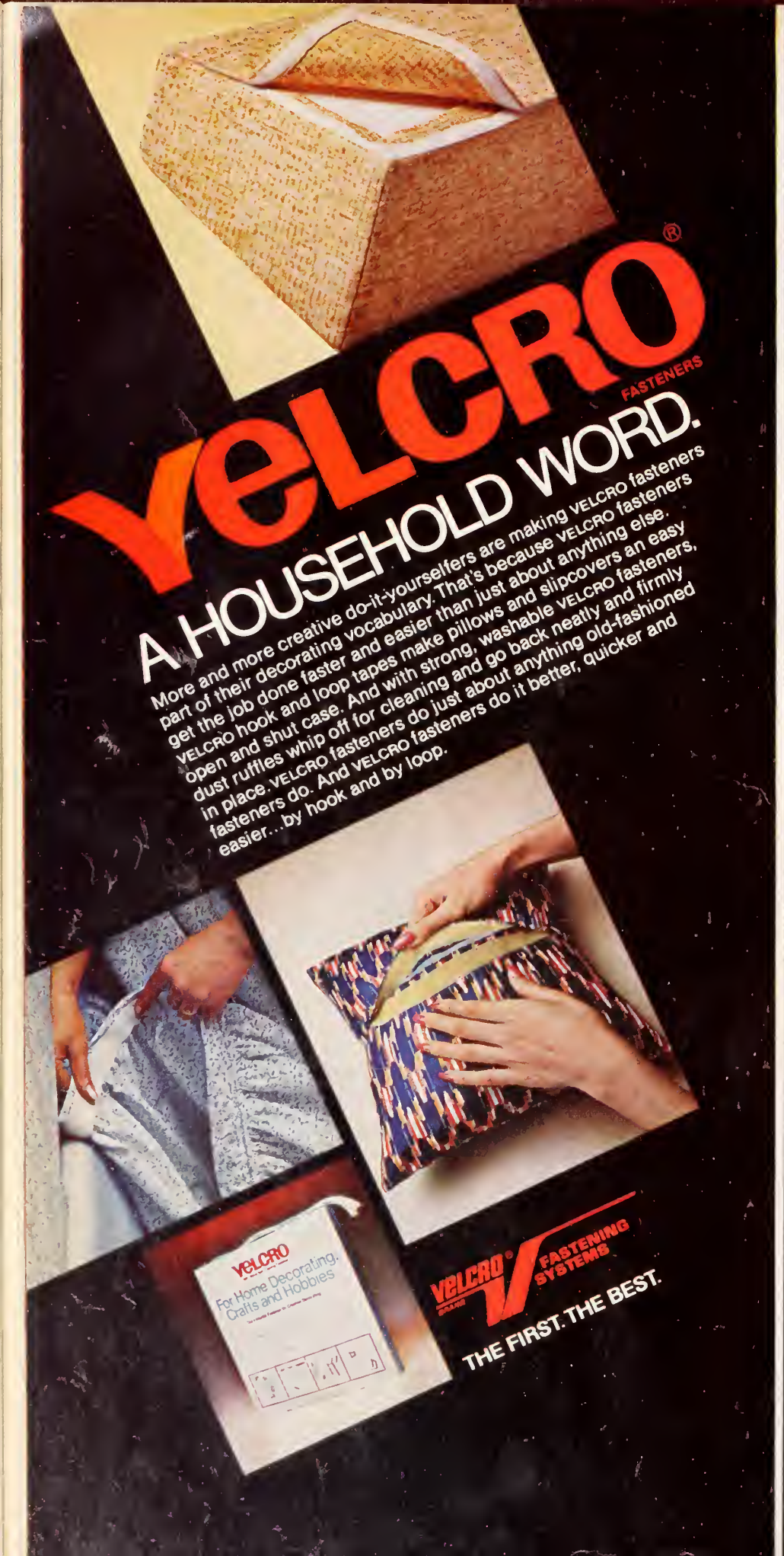
METHOD

☐ Cream the butter by beating it vigorously against the sides of a heavy bowl with a wooden spoon, until it is light and fluffy. Beat in the cream, a little at a time, and then beat in ½ cup grated cheese, a few tablespoons at a time. Add the garlic, parsley, and pimiento. Cover the bowl and set aside in the refrigerator if the sauce is not to be used at once. If you do refrigerate the sauce, be sure to bring it to room temperature before tossing it with the fettucine.

☐ Set a large serving bowl or casserole in a 250° oven to heat while you cook the fettucine. Bring the water and salt to a bubbling boil in a large soup pot or kettle. Drop in the fettucine and stir gently with a wooden fork for a few moments to prevent strands from sticking to one another or to the bottom of the pot.

☐ Boil over high heat, stirring occasionally, for 5-8 minutes, or until pasta is tender. (Test by tasting: It should be soft but al dente—that is, slightly resistent to the bite.) Immediately drain the fettucine into a colander and lift the strands with 2 forks to make sure it is thoroughly drained. Transfer at once to the hot serving bowl.

☐ Add the creamed butter-cheese mixture and toss with the fettucine until every strand is well coated. Season generously with salt and pepper. Stir in the truffle. Serve at once. Pass extra grated cheese in a separate bowl. Serves 4. ■



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By Richard and Jean Taylor

AUTO SUGGESTIONS

The new fuel-efficient sportswagons

Station wagons are staging a comeback with gas-saving engines and peppy handling

Today's new sportswagons with small efficient engines return gas mileage averaging 25 mpg that would have been impossible a few years ago. They are designed in response to changing tastes. People are looking for energy economy, but they also want a vehicle that's peppy and fun to drive. Once upon a time, the station wagon performed as a strictly utilitarian piece of transportation. It was handy for traveling with children, luggage, and dogs, rather clunky to look at, and hopelessly dull to drive. The new sportswagon with its four- or five-speed stick shift and bucket seats offers a breezy combination of American-style luxury and European size and handling.

These new American down-size wagons are now available anywhere from 800 to 1,500 pounds lighter than their old-fashioned predecessors, even though they have nearly the same cargo capacity. To accomplish this magic, the bodies are boxier than before, but with clean aerodynamic styling, sloping grilles, integrated bumpers, and a minimum of wind-catching trim that enable them to return high gas mileage. By 1985, cars of this size will be the largest that you can buy, and now that models have been introduced, it's safe to say that most of them will be in production for years to come. This means they'll have a good resale value, which makes a down-size wagon an attractive buy.

What's particularly appealing, too, is that, for another $80 or so, all these sportswagons are available with a special trailer-towing package for heavy duty use. This package provides a bigger radiator for better cooling, a transmission oil cooler, and a heavy duty electrical system, with a double-size battery and larger alternator plus power connector line and built-on tow bar. Along with the new four-wheel drive vehicles (see House & Garden, June, 1978), these are the only other cars that you can now get with such a heavy-duty package, enabling you to tow a boat, trailer, or camper when and where you want.

Regardless of manufacturer, these new wagons are surprisingly similar in size, power, and options. AMC's Concord is about a foot shorter than the rest, but otherwise, they are all between 194 and 202 inches long. Ford's Fairmont and Mercury's Zephyr are available with a small 4-cylinder engine as well as a Six or V-8. But otherwise, the manufacturers generally match each other engine for engine, with optional 6-cylinder and V-8 engines of moderate size. Since all these wagons have the same dimensions, the interior cargo capacity with the rear seat folded down is within a few cubic feet on each, too, and the cargo area is generally around 6.5 feet long by 4 feet wide. Where these cars differ greatly is in ride, handling, and styling. Ford's Fairmont wagon was admittedly inspired by Volvo's successful 245 station wagon, and it is more European in feel than any other American car, with a taut suspension and lightweight chassis. At the opposite end of the range, as far as handling goes, comes Chrysler's LeBaron Town and Country, which has the luxury and smooth quiet ride you would expect from a full-size American sedan. The rest of the wagons fall somewhere in between.

AMC CONCORD WAGON

Choose the optional 258-cubic-inch Six engine with automatic transmission for the best combination of economy, reliability, and performance. The Concord base price is $100 less than any other sportswagon, so you can easily afford the luxurious "D/L" package with soft bucket seats, convenient map pocket.

Base price $3,999. Length: 15.25 feet. Cargo volume: 59.4 cubic feet. Seats: 5. Base engine: Inline-6, 90 hp. 16 mpg city, 23 mpg highway. Warranty: 12 months/12,000 miles. Dealers: 2,100.

BUICK CENTURY WAGON

Buick builds luxury cars, so even the down-size Century comes with automatic transmission, power brakes, and radial tires as standard. If you choose the Century Special, you get power accessories, air-conditioning, and the big 350-cubic-inch V-8.

Base price: $4,976. Length: 16.33 feet. Cargo volume: 71.8 cubic feet. Seats: 5. Base engine: V-6, 105 hp, 19

Continued on page 54

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For a really sporty wagon, order the Malibu with optional 305-cubic-inch V-8, 4-speed transmission, special instrumentation package, performance rear axle, positraction, and wide radial tires on Rally Wheels.

Base price: $4,764. Length: 16.08 feet. Cargo volume: 72.4 cubic feet. Seats: 5. Base engine: V-6, 95 hp, 21 mpg city, 29 mpg highway. Warranty: 12 months/12,000 miles. Dealers: 6,030.

CHRYSLER LEBARON TOWN AND COUNTRY

The Town and Country has a soft, billowy "big car ride" and just about all the options possible, including a power tailgate release and a radio that tunes itself automatically. Recommended: the durable 318-cubic-inch V-8 and automatic transmission.

Down-size wagon with "big car" feel. LeBaron Town & Country by Chrysler.

Base price: $5,672. Length: 16.90 feet. Cargo volume: 72.7 cubic feet. Seats: 5. Base engine: Inline-6, 110 hp, 17 mpg city, 25 mpg highway. Warranty: 12 months/12,000 miles. Dealers: 4,829.

DODGE ASPEN WAGON

The Aspen combines a low base price with trim levels to fit any taste. Pick the 318-cubic-inch V-8 and automatic transmission. Also order Goodyear's aramid-belted GT Radial tires.

Base price: $4,207. Length: 16.75 feet. Cargo volume: 73.1 cubic feet. Seats: 5. Base engine: Inline-6. 110 hp, 17 mpg city, 25 mpg highway. Warranty: 12 months/12,000 miles. Dealers 3,100.

DODGE DIPLOMAT STATION WAGON

The Diplomat comes with a variety of clever options and gives a wonderfully smooth ride. Power steering and brakes are standard. Choose the reliable 318-cubic-inch V-8 and either automatic transmission or Dodge's economical 4-speed overdrive transmission.

Base price: $5,486. Length: 16.90 feet. Cargo volume: 72.7 cubic feet. Seats: 5. Base engine: Inline-6, 110 hp, 17 mpg city, 25 mpg highway. Warranty: 12 months/12,000 miles. Dealers: 3,100.

FORD FAIRMONT WAGON

Big on the inside, but small, lightweight, and trim on the outside, the Fairmont offers a variety of engine choices and trim levels. Order at least the optional Six, or the 302-cubic-inch V-8 and automatic transmission with lightweight cast aluminum wheels and radial tires.

Base price: $4,031. Length: 16.15 feet. Cargo volume: 79.5 cubic feet. Seats: 5. Base engine: Inline-4, 88 hp, 19 mpg city, 29 mpg highway. Warranty: 12 months/12,000 miles. Dealers: 5,572.

MERCURY ZEPHYR STATION WAGON

The European-style MacPherson Strut front suspension, rack and pinion steering, and excellent balance give the Zephyr superb handling and thin wall design gives it a surprisingly large interior for its size. Recommended: the optional V-8, automatic transmission, roof rack, and swivel rally lamp.

Base price: $4,184. Length: 16.15 feet. Cargo volume: 79.5 cubic feet. Seats: 5. Base engine: Inline-4, 88 hp, 19 mpg city, 29 mpg highway. Warranty: 12 months/12,000 miles. Dealers: 2,966.

OLDSMOBILE CUTLASS CRUISER

The Cutlass offers a 231-cubic-inch V-6 or 260 V-8 with a 5-speed overdrive transmission, either of which would be a wonderfully economical combination for commuting long distances. Select front bucket seats to go with the floor-mounted shift lever and Rally Wheels.

Base price: $5,287. Length: 16.38 feet. Cargo volume: 71.8 cubic feet. Seats: 5. Base engine: V-6, 105 hp, 19 mpg city, 27 mpg highway. Warranty: 12 months/12,000 miles. Dealers: 3,300.

PLYMOUTH VOLARE STATION WAGON

The Volare's 318-cubic-inch V-8 has an unparalleled reputation for reliability. It can be ordered with either new automatic transmission that has a lock-up torque converter for better efficiency or the 4-speed overdrive transmission.

Base price: $4,195. Length: 16.76 feet. Cargo volume: 73.1 cubic feet. Seats: 5. Base engine: Inline-6, 110 hp, 18 mpg city, 28 mpg highway. Warranty: 12 months/12,000 miles. Dealers: 2,643.

PONTIAC LEMANS SAFARI

The LeMans comes with a V-6, automatic transmission, and power brakes as standard. But to create a car with plenty of power, order the 350-cubic-inch V-8, with Pontiac's excellent Radial Tuned Suspension handling package and Rally Wheels.

Base price: $4,936. Length: 16.48 feet. Cargo Volume: 72.4 cubic feet. Seats: 5. Base engine: V-6, 105 hp, 19 mpg city, 27 mpg highway. Warranty: 12 months/12,000 miles. Dealers: 3,241. ■

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VEGETABLES TO GROW IN CONTAINERS

including peas in hanging baskets

By N. E. Rubanov

With so many new dwarf plants, no space is too small for a vegetable garden.

For fresh, crunchy **cucumbers** in a hanging basket, try Patio Pik Hybrid—4-to-6-inch fruit, mature in only 51 days, and perfect for pickling; or Pot Luck, dwarf 18-inch vines loaded with 8-to-12-inch cucumbers. Perfect for containers is the Bush Whopper cucumber, producing 6-to-8-inch fruit on dwarf mound-shaped plants. Burpee's Spacemaster is disease-resistant, with 8-inch cucumbers.

A large pot or tub provides space for **melons.** Kengarden watermelon is compact, bears 1 to 3 12-pound fruit. Burpee's Sugar Bush, given 80 days in a 2-by-3-foot space, will bear 2 to 4 melons, 6 to 8 pounds apiece. Short 'N Sweet cantaloupe bears in only 75 days. Short vined and prolific, it is resistant to heat, drought, and even powdery mildew, which makes it suited to moist climates. Park's Bushwhopper cantaloupe is only 2½ feet wide, and each bush yields 3 to 4 delicious melons. Minnesota Midget cantaloupes are only 4 inches across, and take 60 days from planting to harvest. For honeydew lovers, Oliver's Pearl Cluster measures 2 leafy feet across, with fruit 4 to 5 inches, needing 110 days to mature.

Squash, one of the easiest of all vegetables to grow, is well-suited to containers, because each plant is so prolific. It also matures quickly, and the more harvested, the more produced. Park's Creamy Yellow Squash bears 6-to-8-inch fruit, spreads 18 inches across, and matures in 55 days. Two new winter squash have been developed: Table Ace, an acorn squash, produces 4-to-5-inch fruit in 75 days on a compact semi-bush, and Burpee's Butterbush grows 3-to-4-foot vines with about 5 squashes, nearly 2 pounds apiece.

For something that's fun, Spirit Hybrid, Funny Face, and Cinderella are small **pumpkins,** 10 to 12 inches in diameter, and they need only about 6 square feet of growing space. All three produce pumpkins for Halloween carving and Thanksgiving eating.

The sight of bright red **tomatoes** on heavily laden branches is beautiful anywhere. Sweet 100 Hybrid is a 3-foot upright plant producing about 100 1-inch tomatoes on each branch. Small Fry, an All-America winner considered the tastiest of the container tomatoes, has nearly 300 1-inch tomatoes on one 24-to-30-inch plant. For 2-inch fruit, Patio is productive—stake the 24-inch vines.

For **string bean** lovers: Blue Lake is 18 inches high and only 16 inches wide, with 5-inch pods. Roma, a flat Italian bean, bears 4-inch pods on sturdy plants that need no support.

Eggplants are beautiful with green foliage, lavender flowers, and deep purple fruit. Only 2 feet high, 4 plants produce about 12 full-sized eggplants—any regular garden variety will suit a container.

The fruits and vegetables listed above, except for the eggplant, are all dwarf plants with full-sized crops. For truly midget crops, try 4-inch heads of Dwarf Morden cabbage, 3-inch Tiny Sweet carrots, tennis-ball-size Tom Thumb lettuce, 4-inch Golden Midget corn, or Mighty Midget 3-inch pea pods on 6-inch vines—perfect in a hanging basket.

SOURCES

Burpee Seed Co., Warminster, Pa. 18991; *Geo. W. Park Seed Co.*, P.O. Box 31, Greenwood, S.C. 29647; *Henry Field Seed & Nursery Co.*, Shenandoah, Iowa 51601. ■

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PLANTS AROUND THE HOUSE

New plants for free

How to propagate with leaf cuttings, stem cuttings, and offsets

By Richard Langer

One of the most pleasant aspects of raising house plants is the propagation of new ones. It's more than a pleasure. Propagation somehow satisfies the creative urge and at the same time stimulates the mind to consider the workings of nature. Take a begonia leaf, for instance, a Rex begonia leaf. Slice it into arrowhead pieces (see drawing) with the points toward the stem. Stick an arrowhead into a loose potting soil mixture suitable for propagation (say half potting soil and half vermiculite), keep the soil and atmosphere moist, and the arrowhead will send out a new plant. Each arrowhead you stick into the soil will reproduce, so you can get a half a dozen new plants from a leaf.

Go one step further. Take a whole leaf, make half-a-dozen slits through the largest veins, using a razor blade. Then poke the leaf stem into a pot of moist sand, pin the edges of the leaf to the sand so the leaf stays in contact with its bed. Cover the whole affair with transparent plastic. In a few weeks, new young plants will develop at the slits.

Begonia leaf cuttings: above, rooting pieces; below, whole leaf

SUSAN McNEILL

Children are fascinated by a project like this. Then again, after a dozen rounds, I'm still fascinated.

Vegetative reproduction, that is, a new plant developing from part of another "parent" plant, is as old as the green world itself. While the majority of plant species growing throughout the world today are of the flowering variety, and reproduce sexually, that form of propagation is relatively recent in botanical evolution. The primitive plants all multiplied vegetatively. Many of the more complex plants still retain this ability as a backup system. And it is the easiest way to multiply your house plants. There are three ways to do it. You can propagate by taking a leaf cutting, as described with the begonia above, or by separating offsets from the parent plant, or by taking a stem cutting or slip.

An important factor in a stem cutting's ability to root is the nutritional status of the parent plant. If you take your cutting from a healthy specimen in vigorous growth, its chances are much greater than if you take one from a stunted plant in dormancy. The key to a success—be it in water, soil, or any other medium—is to take the slip when the parent plant is literally bursting out all over. Cuttings gleaned in the morning will do better than those taken later in the day, when the stomata are fully open and the slip is more susceptible to wilting. Also, note that a cutting's ability

Continued on page 58

Spider plant runners rooted in a small pot, and on ledge making a leafy screen

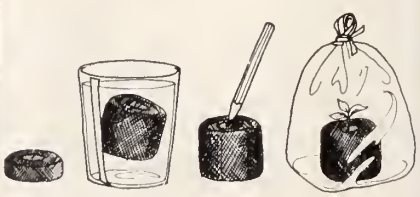
Rooting plants in a box or a poly bag

If you use a propagation box—and besides the professional model, this might be anything from a bread box to a shoe storage box, to a refrigerator crisper, as long as it's transparent—you must use a sterile growing medium, and use it only once. Also since there will be no drainage from the box, the degree to which you initially moisten the mix becomes crucial. Pour in about 2 inches of vermiculite. Then keep spraying it with water until the liquid starts collecting in puddles on the bottom; pick up the pan and check it from underneath. Tip it in all directions till the water comes close to spilling out. Once you're sure it's thoroughly wet, drain off the excess. Stick your cuttings about an inch deep into the rooting medium. For best rooting results, put the propagation box in a bright, but not too sunny spot where the temperature hovers around 75 degrees. Pull the slips up gently in about a week and check for roots. If they're less than an inch long, wriggle the stems back in. Vermiculite is so light that the plant roots won't incur any damage.

An even simpler way to utilize a propagation box is to use a Jiffy-7 for each individual cutting. Jiffy-7s are wafers of compressed peat that expand into pellets several times as thick as the original when wet. Soak one, squeeze the pellet to remove excess water, poke a hole with a pencil, and insert a cutting. Sterile and easy to use, the expanded pellet gives each cutting its own minipot that is set into the full-size pot once growth is underway, eliminating transplant shock.

A handy individual propagation box for each cutting in a Jiffy-7 pellet can be made from a plastic bag; blow it up to add a little carbon dioxide, twirl and fold the top, seal with a wire twist. You have a self-supporting mini-greenhouse.

Note: Jiffy-7 peat pellets and other propagating materials are available from the House Plant Corner Ltd., Box 5000, Cambridge, Md 21613. Catalogue is 25¢.



Peat pellet soaked, planted, set in bag

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Plants around the house
continued from page 56

to root well is affected by its previous location on the donor plant. Lateral shoots, those branching off a growing stem, tend to take better than a terminal one or the growing stem itself. Vegetative shoots do better than flowering ones. And those that snap off crisply will set better roots than their more flexible siblings. All these aspects are related to the hormonal and nutritional flow within the plant itself. For example, a crisp stem indicates a higher concentration of carbohydrates, which means the cutting has more self-contained nourishment and can thus devote more of its energies to rooting rather than to simply staying alive.

What such factors mean to you and your plant propagation is that if you do all the right things, your chances of success are probably about nine out of ten. To be absolutely certain, take two cuttings of everything.

How to take a cutting

Choose a healthy shoot with good growth—one that is developing well but not yet fully matured is a good choice. Cut it off 4 to 5 inches from the tip and just below a node or joint. Ideally, the cut should be made with a sterile knife; scissors tend to pinch the stem closed when you are dealing with soft plants. No one has ever accused my pocketknife of being sterile. Sharp, yes. However, sterilizing is an extra precaution you might want to take. Dipping the knife in alcohol is totally ineffective; if you are going to do it at all, the blade must be flame sterilized.

Drying out is one of the few things that can go wrong with rooting slips. That's why grandma rooted hers in a glass of water. Lately her technique has fallen out of favor because when water-rooted plants are transferred to soil, after they've developed half-a-dozen roots an inch or so long, they take a while to find their new footing. Supposedly this is because roots developing in water are more delicate than those sprouting in soil. Still, it's a very successful method of rooting for some plants and well worth a try. Begonia, grape ivy and other cissus, coleus, jade plant, gardenia, ivy, iresine, philodendron, Swedish ivy, scindapsus, syngonium, and pickaback are a few of the many house plants that will readily root in water.

Rooting media

Since the cutting is without roots, its water loss or transpiration will be greater than its water absorption. To put it in balance, if you decide to root in a medium rather than water, remove the lowest pair of leaves to reduce transpiration. This will also keep the leaves away from the damp rooting medium, where they might rot. A medium must provide moisture and oxygen to the young plantlet. Sterility is an advantage. Sharp builder's sand is probably the oldest and still most common rooting medium. It provides excellent aeration and drainage. However, its moisture-retaining quality is poor. Cuttings rooted in sand need more frequent watering than those rooted in other media. To counteract this, 30 to 50 percent milled sphagnum moss is often added to the sand to act as a sponge.

The easiest rooting media to use are probably perlite and vermiculite. Both hold water in sufficient quantity to ensure rooting. Both are adequately sterile, and both are readily available. On the other hand, as with anything else horticultural, it doesn't hurt to try doing things differently. I tend to root a lot of herbaceous cuttings directly into small pots of soil. When I do that, I find placing a slip close to the pot's edge, rather than in the middle, seems to give root growth a boost. Probably this is due to freer flow of oxygen at pot's perimeter, at least if you're using a clay pot which breathes.

Under cover technique

You can keep your slips from wilting by putting them in

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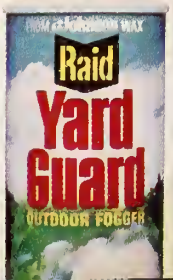

Johnson wax

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clear plastic box with a lid. There are, in fact, inexpensive, special propagation boxes with ventilators on top. Since stale, mold-fostering air is the major problem with propagation enclosures, the ventilators can be a big help. Another way of aiding circulation is to remove the top for a few minutes morning and evening.

Whether you use a multifamily propagation box or a smaller, single-occupancy poly bag (*see box*) to develop new plants, be sure not to place them in direct sun for more than a few minutes a day, or you will have steamed vegetables instead of thriving greenery. Fluorescent lighting is ideal for rooting cuttings. It produces enough light without heat for good development, if the cuttings are placed only a few inches below the tubes. Remember, young plantlets that have been coddled within high-humidity propagation boxes or poly bags do not take well to being thrust suddenly into the more hostile environment of your home. What they need is an acclimation period. If they don't get it, usually they will keel over and die the first day they are removed from their protected surroundings. Like a diver coming up slowly from the depths to avoid the bends, a plantlet should be removed from a covered situation in stages. I usually put the top on crooked for a day, leaving a crack an eighth to a quarter of an inch. The second day, I make the chink half an inch or so; the third, a full inch; the fifth day, I take the new plants out and pot them up properly.

Propagating from offsets

Some plants that develop crowns have the ability to send out aerial stems from the leaf axis at base. The aerial stems are called runners, and they produce plantlets. The most familiar and tasty representative of this phenomenon is the strawberry. Several common house plants have the same characteristic, which makes their propagation very simple. You can cut the young plants off and root them the same way you would cuttings. Or you can let nature take its course. Put a pot under the plantlet and anchor the plantlet down lightly with a hairpin. Leave the runner attached until the new roots are well established. Then, cut the runner close to the plantlet. Chlorophytum comosum, the spider plant, saxifragan stolonifera, the strawberry geranium, and assorted episcias are examples of house plants easily and commonly propagated from runners.

Offsets, also known as suckers, ratoons, and crown divisions, are more or less the same thing as runners, except that the young plantlets don't travel as far from the mother and are usually attached underground. Some crop up right at the base of the original plant, forming, as in the case of the African violet, multiple crowns. Common house plants that can be propagated by offsets are agave, aloe, fibrous begonias, haworthia, screw pine, staghorn fern, sempervivum, and many bulbs such as amaryllis hybrids, climbing onion, and sea onion. Bromeliads also offset, although in their case it's not so much a matter of propagation as of survival, since the pups, as they are often called, don't form till after the parent plant has flowered, and after flowering, the parent dies.

The preferred method to remove offsets is to free them with a sharp knife or a pair of shears. If they are well rooted—the best stage for separation—pot the offshoots as you would a regular plant. If not, root them like cuttings in an open propagation box.

To remove an offset bulb, scrape away the soil from around it. Then gently turn the bulblet, first one way, then the other, until it is detached. Usually there are no roots, or they are too short to be tangled with the much lower ones of the mother plant. But if you must cut off some roots to free the bulblet, cut those of the mature bulb. The new plant will usually grow into a better specimen. Besides, there's plenty more where that one came from. Once you begin to multiply your plants there's no telling where the end is.

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How to work out closet hangups

Four easy steps to efficient storage

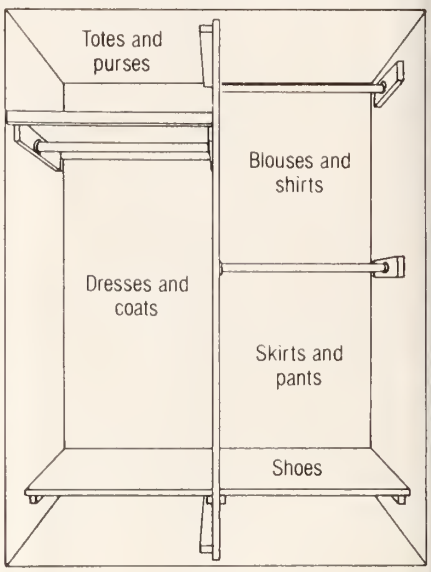
By Deanne Raffel

A 6-foot closet typically consists of a shelf, a long metal bar, and a door that closes on a lot of dead space. But the case for closet design is not that open and shut. You can make the closet you have efficient for your storage needs with a little creative carpentry. By dividing the closet in half with a wood partition, the possibilities for arranging shelves and bars are instantly multiplied. For example, you can triple your hanging space by installing two bars, one above the other, for short items while retaining a high bar for dresses, suits, etc., on the other side of the partition. A shelf on the bottom of your closet doubles floor space so shoes won't be lost in the shuffle, and you can store items within easy reach. Also, you still have room for the high shelf traditional in most closets.

Step 1 The basis of your remodeled closet is a ¾-inch plywood partition which should measure ¼ inch less than the ceiling height and 2 less than the closet depth, front to back. Two 2-by-3s, one for the floor and the other for the ceiling, will serve as supports for the partition. Nail 3-inch-wide side of the support to the floor and attach ceiling support with toggle bolts. They can be positioned at the midpoint of your closet, or wherever the partition would be most efficient. Nail the partition firmly to the 2-inch side of both supports.

Step 2 Now that your closet has been halved, your space-expanding shelves are ready to be installed. For an 8-foot-high closet, 18 inches down from ceiling is a good height for high shelf, and 10 from the floor works well for the low shelf. Of course, you will want to position the shelves according to the specific dimensions of your closet and what you have to store in it.

Shelves longer than 24 inches will need to be supported on three sides, while shorter ones will be sturdy with only two. Uses 1-by-2s for supports, except for high shelves where a bar is to be installed below. In that case, use 1-by-4s for greater width to allow space to screw the bracket for the bars. Use 1½-inch casing or finishing nails to attach support to plywood divider. On the side wall of the closet, locate the studs. You may be able to find only one stud, in which case use toggle bolts to attach the support firmly. Insert the toggles into the support and the wall, and then nail the other end of the support. On the back wall you should be able to find the studs easily and will not need toggle bolts.



Step 3 Now you're ready to hang the high clothing bar. A 1⅜-inch wood pole works well. Simply screw pole brackets into the two 1-by-4 supports beneath the shelf. Slip the bar into the brackets.

If you are hanging two bars, one above the other, install two 1-by-4 supports on the side wall of the closet at the desired height for the bars. The brackets can be attached to the plywood partition without supports. For an 8-foot-high closet, the bars can be placed at points 5 inches and 45 inches below the ceiling.

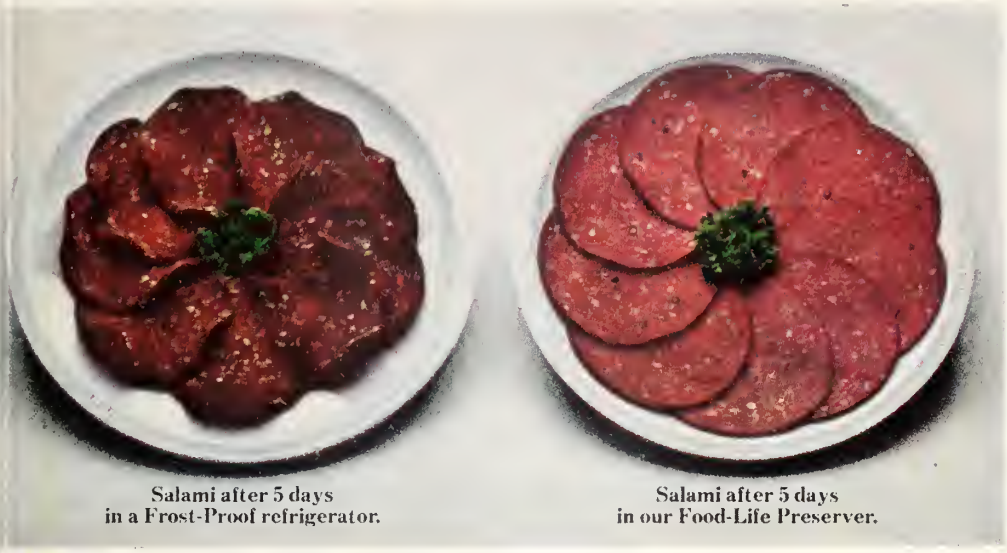
Step 4 To finish the closet, seal all the wood with shellac mixed with an equal amount of alcohol. Sand lightly and dust. Coat with another layer of shellac or paint.

Safe, blow in insulation

In existing houses, insulation to cut heating bills is usually installed only by blowing loose fill into sealed outside walls. Here's a fiberglass material, "Insul-Safe," that offers some new attributes for this kind of loose-fill insulation. It is noncombustible and not a fire hazard, won't absorb moisture, rot or decay, won't corrode wire, electrical installations or pipes, it is claimed. Blown in with machine by experienced contractors, it can retard heat flow like 3½-inches of

Continued on page 62

IS YOUR SALAMI GETTING OLD BEFORE ITS TIME?



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HOUSE FIXER

continued from page 60

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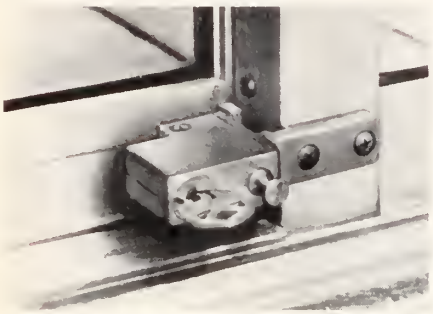
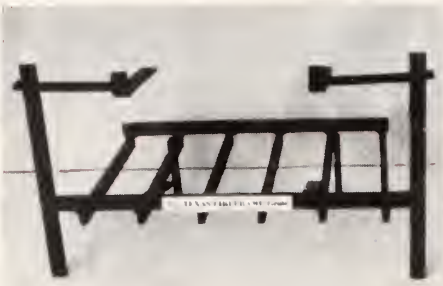
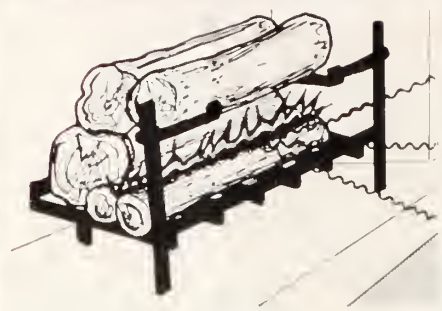
Sliding security



A lock for sliding glass doors has a solid steel deadbolt that locks into the doorjamb. Fitting most aluminum sliding doors, it prevents them being jimmied open. Installed at top or bottom, lock allows door to be left partly open for ventilation while still being locked. But the locks won't fit sliding doors with inside screens. Locks with keys, $6.40; without, $3.30. Also available, matching lock for sliding windows, $1.70. Kwikset Sales & Service Co., Emhart Industries, Inc., Anaheim, Calif. 92803.

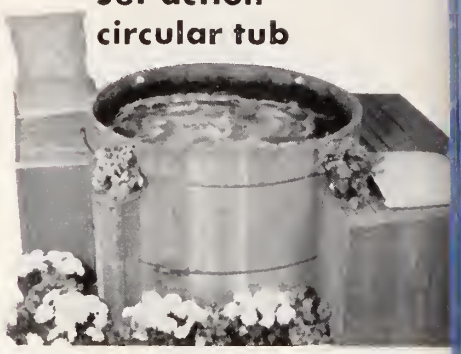




Fireplace finesse

New fireplace grate directs heat into the room rather than up the chimney. A welded steel grate holds logs on two levels—a big log on the bottom with small logs in front, a smaller log—or logs—above on an adjustable upper grate level. The arrangement creates a cavity, furnace-like space at the front, where burning logs radiate heat outward. Newspapers ignite them, no kindling is needed, use split or unsplit logs. Standard fireplace model, 25 inches wide, 15 deep, $39.95; small model, 17 inches wide, 13 deep, $34.95. Three other sizes $39.95 to $79.95. Add 10 percent for shipping. Texas Fireframe Co., P.O. Box 3435, Austin, Tex. 78764.

Jet action circular tub



A redwood tub for whirlpool, hydromassage bathing, hot or cool, indoors or out, can be freestanding or recessed in a deck. Four feet deep, it is made in two sizes, 5 or 6 feet wide with a seat. Smaller tub holds 525 gallons, has a 1 H.P. whirlpool inlet pump; the larger holds 750 gallons with a 1½ H.P. pump. Each has 4 whirlpool inlets, a suction fitting. Both include a ½ H.P. filter/heater pump, a cartridge filter, an electric or gas heater. The tub is a precut package for assembling but needs professional plumbing and electrical installation. Jacuzzi Whirlpool Bath, Inc., 298 N. Wiget Lane, P.O. Drawer J, Walnut Creek, Calif. 94596.

Triple-clean water

A major need in most cities today is clean, safe drinking water. Here's a three-process unit with (1) a filter to screen silt, rust, and dirt, (2) a filter to remove algae and spores, (3) a cartridge that takes out unwanted tastes, color, odor-causing agents. Installed under kitchen or bathroom sink, cold water enters the Aqualux Water Processor through a brass fitting, exits clear and odor-free through its own brass spigot located on the sink. The unit contains fail-safe features to warn of filter clogging or cartridge depletion. $329, plus about $25 for installation. Aqualux Water Processing Co., 1040 Bayview Drive, Ft. Lauderdale, Fla. 33304. ■

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CAMEL FILTERS	YES	RALEIGH	YES
CAMEL LIGHTS	YES	RALEIGH LIGHTS	YES
CARLTON	YES	REAL	YES
DORAL	YES	SALEM	YES
KENT	YES	SALEM LIGHTS	YES
KENT GOLDEN LIGHTS	YES	TAREYTON	YES
KOOL	YES	TAREYTON LIGHTS	YES
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MARLBORO LIGHTS	YES	VICEROY EXTRA MILDS	YES
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GOING PLACES
FINDING THINGS

Railriding into Canada... Biking USA... Mini-getaways near home

A cruise on wheels from Montreal to Vancouver

By Caroline Seebohm

Mount Edith Cavell, *left, in Jasper National Park, is a high sight on the northerly route of Canadian Via Rail.* **Vancouver,** *top, and Montreal are the start-cities for a leisurely see-Canada train trip. See city-sights on either end.*

There's still a romantic, scenic, get-away-from-it-all vacation that's almost like a cruise, takes less time, and can be split in two parts if you like. It's the cross-Canada train trip from Montreal to Vancouver, which my husband and I took last August. However, you can go any time of the year—every day, in fact, starting from Montreal or starting from Vancouver. (One of the advantages of the east-west route is that you gain an hour every day as you pass through the different time zones.)

The newly merged Canadian National and Canadian Pacific Railways, now called Via Rail Canada, offers two routes from coast-to-coast. We took the northern route because of the dramatic mountain scenery in the more northerly stretches of the Rockies. Our train leaves Montreal daily at 9:20 P.M., snakes through the lake and mountain-covered continent, and arrives in Vancouver at 7:50 A.M., four days later. We decide to break the trip in the middle (having specified this choice when buying a ticket) and get off for two days in Jasper, Alberta.

Being on a train for more than a day is like being on a boat—the same blissful feeling of suspension. No phones, no appointments, no domestic duties. You aren't responsible for anything except eating, sleeping, and feeling relaxed. The train is smaller, of course, than a cruise ship, but that's its own fun. We had a cozy bedroom, with two large bunk beds,

Continued on page 68

INDIAN DANCING, HOTELS WITH TENNIS COURTS, OVERNIGHT SAILING LESSONS

Indian festivals, one marvelous form of summertime Americana, usually occur between the Fourth and Labor Day. If you'd like to find a tribal ceremonial in your part of the country, write the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402, send $2.25, and ask for the calendar of events for Indian Affairs #024-002-00062-4. They also have a map of Indian reservations for $1. Some festivals last several days and are a country fair of Indian arts and skills. Though the Western and Southwestern Indian powwows are the most famous, these fests go on country-wide. One of the most all-out celebrations: the Inter-Tribal

KOCH/PHOTO RESEARCHERS

Many tribal ceremonials go on this month. To find one near you, write for a schedule.

Continued on page 70

Old railroad track bed converted to new, rural bike trails in Wisconsin.

Super bike trail in Wisconsin

By David Butwin

When I peered over my handlebars at the gaping black tunnel that loomed just ahead, I knew I was in for a rare biking experience. Leave it to Wisconsin to find new ways of enjoying the scenery without marring it. The state now specializes in converting old, abandoned railroad rights-of-way into wonderfully uncluttered country bike trails.

In the past decade, Wisconsin has led the country in purchasing railroad lines, ripping out the ties and tracks, and laying down a cushion of crushed rock just for the pleasure of bikers, hikers, and other wayfarers. By far the most popular route is the onetime Chicago & Northwestern spur between Elroy and Sparta in western Wisconsin, a 32-mile cyclist's paradise. What stamps the trail is not only the scenery—rolling green dairyland, bizarre rock formations, cozy villages—but the presence of three long, mysterious railroad tunnels.

Strange as it sounds, the converted railroad line is the new wave in American biking, especially since the Interior Department put aside $5 million this spring to install a number of such trails around the country, beginning in 1979. The idea makes perfect sense to week-

Continued on page 68

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All prizes will be awarded. For a list of winners, send a separate stamped, self-addressed envelope to: AJAX FUN IN THE SUN SWEEPSTAKES, P.O. Box 1430, Radio City Station, New York, N.Y. 10019.

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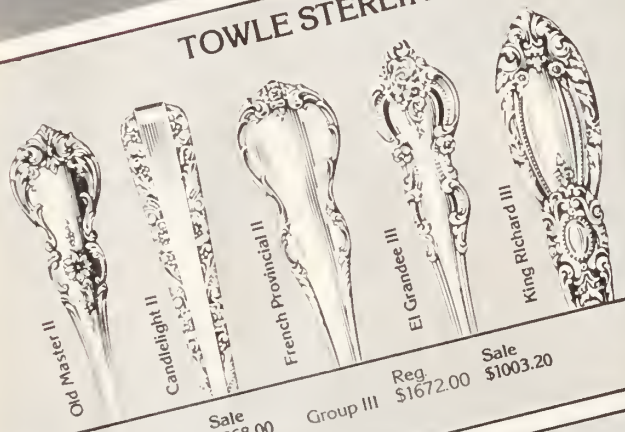

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Group II	$1384.00	$830.40			

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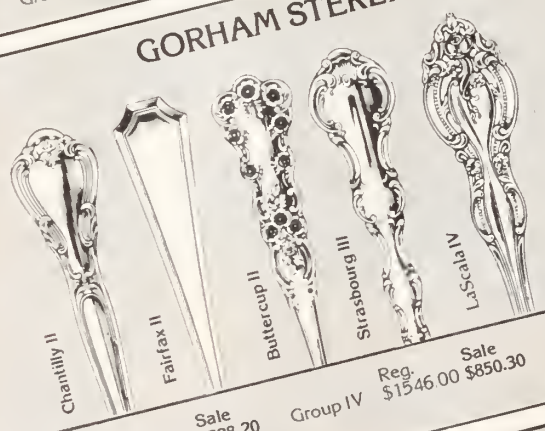

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	Reg.	Sale
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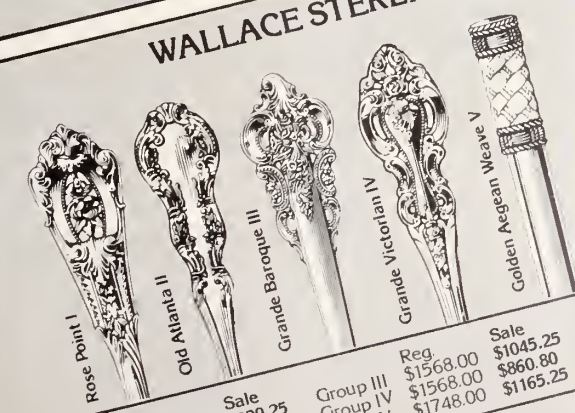

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Super bike trail
continued from page 64

end cyclists like myself, who are looking for something more challenging and less crowded than city bikeways, but don't exactly relish the auto traffic, high winds, and demanding hills of the open road.

Not that the Elroy-Sparta line is child's play. It's a good day's work, and indeed you need a full day to take in all there is to see and do. You could even break it into a couple of days' journey. Bikers can pick up the trail at any point between Elroy and Sparta, but my traveling friend Per-Olav and I made our headquarters at the Tunnel Trail Campground just off Wisconsin #71 near one of the tunnels. If you're coming from afar, as we were, both Minneapolis and Madison are good pushoff points. Wes Westra, his wife Barbara, and their three children have fashioned a handsome campground and biker's oasis in a birch grove on the very edge of the trail. They not only rent bikes (dependable 3- and 10-speed Raleighs), but also have fifty camping sites complete with electric hookups, showers, a miniature golf course, and swimming pool. With your car, a site costs $5.50; with just your bike and backpack, it's only $2. For reservations, contact Tunnel Trail Campground, Route 1, Wilton, Wis. 54670; phone (608) 385-6829. For nearby indoor lodging, there are motels in Wilton, Elroy, and Sparta.

Per and I set off on a bright, warm summer morning, heading for the first of three tunnels. One moment we were pedaling merrily through aspen and birch, flowering daisies and black-eyed Susans, the next moment we were groping through the cool blackness, hoping our tiny headlights would see the way. They did, and soon we were back in the sunlight, tooling down the elevated bikeway like locomotives at full throttle.

With no cars to fear, we were free to train our senses on the passing landscape. Per spotted chipmunks beside the trail. Crossing a wood bridge over a stream, I looked down to see a black snake taking a sunlit dip. We dropped our bikes and clambered down the banks. Presently my friend the reptile lover was posing for a photo with his new friend, the (non-venomous) snake. The woods and meadows also hold rabbits, deer, mink, fox, raccoons.

At midmorning, we stopped for a cold soda at the Mid Trail Diner in Wilton, one of three farm hamlets on the bikeway. A sign on the diner's bulletin board advertised "Dairyland Auction"—28 head of cattle, a neck yoke, saddles, household items and antiques such as hayknives and grain cradles. Further on, we halted for lunch at the Norwalk Trail Inn. Here a sign offered the sale or rental of a Holstein bull for stud services.

We ordered ham and cheese sandwiches—and why not in this richest of dairy belts? Bikers, in fact, are encouraged to tour the Norwalk Cheese Cooperative, whose back door literally opens onto the bike trail. There you can buy the staples of a picnic—chunks of curd or slabs of white cheddar—pick up the rest of the fixings in a grocery and dine beneath a spreading oak or maple. Don't even bother to buy strawberries or raspberries in late summer: You can pick them beside the trail.

By late afternoon, having conquered tunnel No. 3 near Sparta, you may be too weary to make the long trip back. If you ask, Wes Westra may come and fetch you (for a small fee) in his pickup truck on Route 71 which parallels the trail. Or you can arrange with someone to have a car waiting at trail's end.

Another tip: As of this summer, cyclists on Wisconsin's railway routes and other state trails will have to buy bike stickers—75 cents a day or $2.50 per season for Wisconsinites; $1 a day, $3.50 a season for out-of-staters; those under 18, free. You can pick up stickers at spots along the trail, including the Elroy-Sparta headquarters in the old Kendall train depot, which also has maps, tire-patching equipment, and rented bikes. For a free state bikeway brochure, write the Wisconsin Division of Tourism, P.O. Box 7606, Madison, Wis. 53707.

Two other Wisconsin railroad routes worth exploring are the 15-mile Ahnapee State Trail in Door County and the 23-mile Sugar River State Trail just south of Madison that runs through the heart of Wisconsin's "Swiss cheese" country. ■

Cruise on wheels
continued from page 64

which fold into the wall during the day; a wash basin and our own w.c. A steward came in every morning and evening to do the beds and produce or hide our two armchairs. He also brought us ice for our drinks and told us what was going on generally during the trip.

Via Rail Canada's Supercontinental is a very long train with cars given names like "Edgley" and "Erinview," so you don't get lost. At the back, there is a lounge car where you can get something to drink and play games. Each day certain cars on the train are changed—the dining and breakfast cars, and the dome car, which is attached on the third day when the scenery is outstanding.

The chefs also change, which made for variety at mealtime. One night's fare: a delicious British Columbia salmon. Amazingly, at dinner we never managed to spend more than $10 for two! The wine was Canadian (except for the odd Beaujolais or Liebfraumilch), $2.50 for a half bottle. Dinner is organized into several seatings with children usually dining earliest. For most meals, we shared a table and my husband in particular enjoyed meeting other travelers in this way.

The train deliberately caters to families, so prices are geared to thrifty pockets. The one-way fare for two—in the summer—with bedroom, is $404. And there *were* a lot of children on board, but they seemed to stay in the lounge car playing cards and board games provided by the train staff.

We broke our journey at Jasper, the beautiful mountain park in the Rockies, and rejoined the train two days later. Jasper has only a few hotels (it's wise to book in advance), the most famous being the Jasper Park Lodge, a spectacular place with lakes, horses, hikes. There are also cabins to rent, which we thought would be fun another year.

In Jasper, we visited the Columbia Ice Fields, walked along the Maligne River Canyon with some of the most spectacular green water-filled gorges I've ever seen (one plunging to 153 feet), and saw deer and even a moose at the foot of the great Rocky Mountains. The air was deliciously bracing, and we enjoyed the physical activity.

Back on the train, we were also able to do some sightseeing, when the train stopped once or twice a day. On such a break, we got a taste of Edmonton, capital of Alberta, a rapidly expanding oil-rich city full of fascinating architecture, such as a cantilevered glass building that houses a complex of theatres and restaurants, and glassed-in walkways that reminded me of Minneapolis. After Edmonton comes the first real view of the Rockies, so we rushed back to bag seats in the dome car for the show.

The view throughout the trip was breath-taking. We saw lakes, mountains, pine forests, and tiny towns with Indian names that were full of bungalows with white fences and mobile homes in every backyard. In these towns, the train stopped for a half a minute to drop mail and supplies, and you knew that the daily visit of the railroad was that town's main lifeline to civilization. As we came to the Rockies, we saw peak after peak of snow-capped, jagged mountains, often shrouded in clouds, their colors ranging from purple and green to granite gray, and occasionally an unearthly translucent greeny-blue, like the glacier water of the lakes and rivers.

As the train gets near Vancouver, the landscape changes—from stark mountains and glacier lakes to a more domestic outlook, with meadows and cows. It was sad to know that the journey was nearly over. I had gotten used to our little bedroom and the slow, dreamlike pace of the days and the rhythm of the train wheels as we sped through the countryside. I'd enjoyed the luxury of several days with no worries, no packing or unpacking, breath-taking views, and a very reasonable bill at the end. We went in August and loved it, but some say the autumn is most beautiful, when the leaves are red and gold; others prefer

Continued on page 70

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Cruise on wheels
continued from page 68

the spring. Still others apparently travel happily in midwinter, for the train is full, they told us, even when it is 50 below zero outside.

Tips for train travelers

1. Pack what you need for the train separately. There is room in a bedroom to hang 4 things (per couple), so choose easy-fitting, crumpleless clothes; no need to be smart, although it's nice to change for dinner.
2. Wear flat shoes in the daytime for negotiating corridors and swaying cars.
3. On long stops, get off the train and walk briskly on the platform.
4. Take a map of your journey—it's fun identifying the countryside.
5. Take a project to do en route, such as sewing, writing, list-making, reading.

How to buy tickets

To make reservations for the ride across Canada, contact your nearest Amtrak agent or call Via Rail Canada at (800) 966-4380 (toll free). The price of a one-way ticket is $120; after September 15 there is a round-trip excursion fare of $159. Group discounts and family rates are available, and accommodations range from $24 for a day-night seat to $246 for a drawing room that sleeps three. Via Rail also offers special train passes from 8 to 30 days that allow you limitless rail travel on its system. ■

Indian dancing
continued from page 64

Ceremonial, Gallup, New Mexico. Mornings reserved for craft demonstrations: rug weaving, basket making, pottery glazing, totem pole carving. Newly made crafts for sale as well as old baskets, old blankets, and "pawn" jewelry. Indian dance contests, moccasin races, wild cow-milking contests, plus parades with marchers wearing full regalia. Many smaller tribal gatherings are geared more toward the Indian community and are held without much advance warning. Rain dances, corn dances, harvest dances (often in late summer or early fall) are put on when tribal elders figure the time is right. Unobtrusive non-Indian visitors welcome. So if you get wind of one, don't hesitate to go.

If you're constantly in need of a **tennis court** when on vacation, send for Curtis Casewit's Guide to Tennis Resorts, Pilot Books, 347 Fifth Avenue, New York, N.Y. 10016, $2.50 postpaid. This slim paperback lists hotels in 37 states plus Canada and Puerto Rico and tells how many courts and what type, if they're lit at night, if there's a pro, ball machine, pro shop. Also check remarks about the comfort of the resort hotel itself.

Day-sailers who'd like to practice overnight or several-day cruising should sign up for a flotilla cruise with the Offshore Sailing School, 820 Second Avenue, New York, N.Y. 10017. Through September 9 these four boat cruises (new Columbia 9.6 yachts) set out every Sunday for a supervised week's cruise of New York and Connecticut waters. The lead boat takes six "students" plus an experienced staff who help you to learn by doing. This teacher-crew arranges the itinerary and meals, and steps in when do-it-yourself sailing founders. Cost per person based on six people: $249, including all meals and most incidental expenses. N.R. ■

Booklets to help you plan your trip

To plan better vacations, here are some booklets that give you information about where to go and how to get there. Just fill out the coupon below and return it.

1. You can fish all over British Columbia, go to the ballet in Winnipeg, sightsee in Toronto, or dig for clams in New Brunswick—**Canada: So much to go for.**
2. If you're traveling to Canada by car this summer, take along the **Canada Highway Map.** All major routes and cities, plus distance measurements.
3. Travelers to eastern Canada should take the **Eastern Highway Map** for a detailed guide to the roads of Quebec, Newfoundland, and New Brunswick.
4. Montreal's **Hotel Bonaventure** has 400 rooms, convention facilities for 1,500, plus a rooftop garden that includes a year-round swimming pool, seasonal skating rink, terrace, and a marvelous view of Montreal.
5. Visitors to Canada: a concise, bilingual guide to customs regulations for travelers to Canada. Information on what you can bring with you, plus useful addresses.
6. Air Canada's **Yes, Canada! '78 Tours** lists fly/drive tours, motorhome and city tours, great outdoor experiences, and more. Take advantage of the "Canada-pass" and get a car with unlimited mileage plus guaranteed rooms without reservations in 57 cities across Canada.
7. Canada '78 Ask Mr. Foster tours are short vacations in cities across Canada. Visit Montreal for 2 nights/3 days for $44, or see Vancouver 4 nights/5 days from $103.
8. Visit the Canadian west—Banff, Lake Louise, Jasper, Victoria, and Vancouver, or explore the eastern capitals of Quebec, Montreal, Ottawa, and Toronto—**Cartan's 8 Escorted Vacations,** led by professional tour guides, through September.
9. Fishing and Hunting in Ontario/Canada 1978: 36 pages on what to expect, how to get there, where to stay, fishing and hunting regulations, and general information for the sportsman vacationing in Ontario.
10. Camping Ontario 78/79: a guide to all of Ontario's parks and campgrounds (over 1,000) plus canoe outfitters, trails with maps, general information.
11. Newfoundland: The original part of Atlantic Canada describes the ideal place for camping, hiking, and exploring Old World charm in cities like St. John's, which is the closest North American city to Europe.
12. Canadian Pacific Railways can take you on a 7½ day/8 night cruise through the waters off **Alaska** and British Columbia, aboard its ship the Princess Patricia.
13. The **American Indian Calendar 1978** is a complete guide to ceremonials, dances, and Indian celebrations across the U.S., $2.25.
14. Curtis Casewit's **Guide to Tennis Resorts** includes listings for tennis facilities in 39 states, Canada, and Puerto Rico, $2.50.
15. HRI's 1978 Directory of the **Leading Hotels of the World** has listings of hotels in a range that includes Topnotch in Stowe, Vt. and the Mandarin in Hong Kong. All you need to know for over 100 deluxe hotels in 23 countries, $1.
16. The **U.S.A. Railpass** is good for 14, 21, or 30 days and entitles you to travel on all Amtrak routes and Southern Railways with as many stopovers as you like.
17. Amtrak services every major city in America, and offers family rates and special tours. For complete timetables, sample fares, information on baggage, and much more, consult its **National Timetable.**
18. Very Special Places is a guide to the most romantic inns, resorts, hotels, and hideaways in the U.S., $4.95.

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BE GOOD TO THE FOLKS IN EUROPE FOR ONLY $6.75 OR LESS. (THAT'S NOT BAD.)

It's only $6.75 (plus tax) for a station-to-station call to most West European countries. That's for 3 minutes. Add $2.25 for every additional minute.

Many countries have nighttime and Sunday rates that are less.

Money aside, a letter can't make you (or your relatives) feel good the way talking together can.

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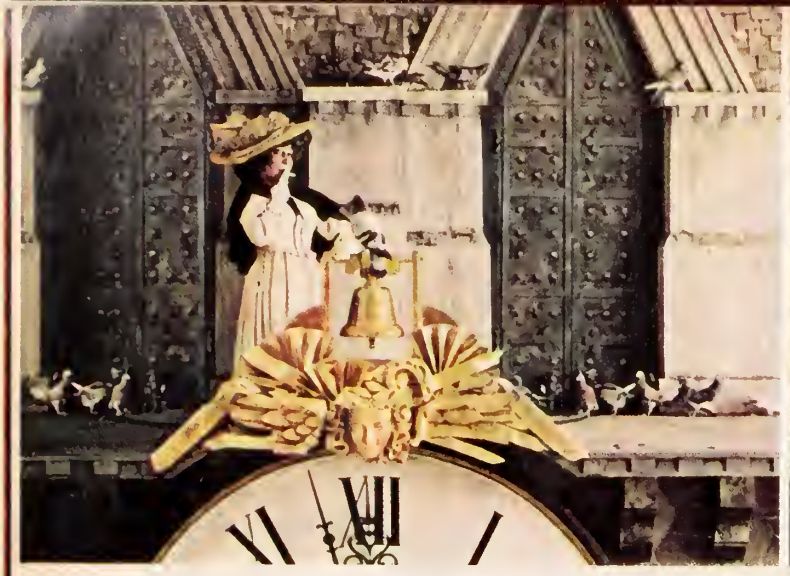
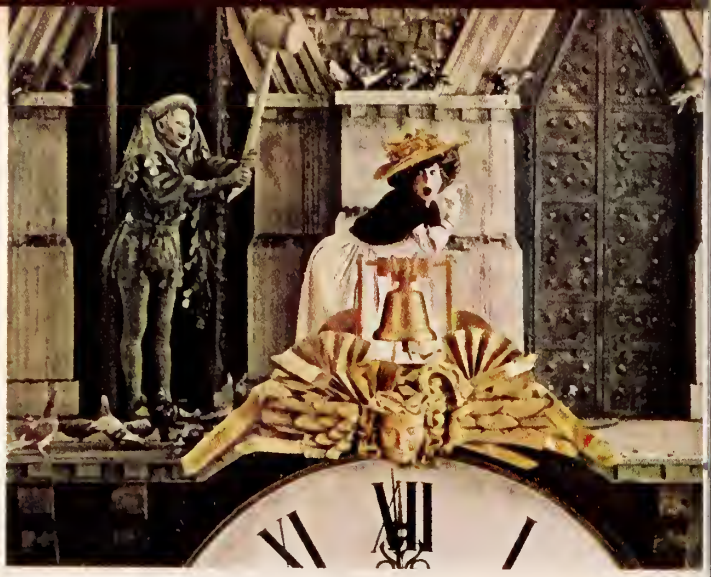
Bell System



In 1908, Naomi Fett couldn't understand why more women didn't sneak cigarettes in the Emperor's clock.



A moment later it struck her.

You've come a long way, baby.

VIRGINIA SLIMS

Slimmer than the fat cigarettes men smoke.

16 mg "tar," 0.9 mg nicotine av. per cigarette, FTC Report May '78

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

ashions Marion Mayed

CHEERS FOR KITCHENS

e way to a house's eart is through its tchen. As the nourish- ent center, it's eager- patronized by the hole family, and a ell-equipped kitchen n quicken the pulse of dedicated cook. But matter how far tech- logy has brought the tchen, what endears it its friendly, lean- gainst-the-doorway spitality. And now tchens have taken spitaiity one more ep—by evolving into exciting all-in-one ace where cooking, ning, living, and tertaining share the me convivial heart- -the-house room. 's such an appealing pproach to iiving that 's even changing the ay architects iook at ouse design. Starting ere, good ideas for eart-of-the-house oms, new kitchens ou'll see more of both this issue), and the tchen you have right w. Heip yourself.

New slant on floors

If your kitchen is long and narrow, lay the flooring on the diagonal—oblique planking or rows of tile broaden the room, visually, give the whole space fresh interest.

Looking up

To add height to a room, hang narrow graphic fabrics along one wall; or display platters and trays almost at the ceiling. In a two-story room, invite attention upwards with a huge basket or a quilt hung well above eye level.

The invisible game room

With a single piece of equipment, you can turn one end of a living-dining-kitchen into a theatre, TV, or game room. A screen three times the size of a 25-inch TV (it takes not a fleck more floor space) plays home movies, video cassettes, and electronic games. Use collapsible chairs that hang on the wall when you want the game room to disappear. Widescreen 1000 Home Television Theater by General Electric.

The inseparable kitchen

Even in a separate apartment kitchen, you can have the look, the feel, of one big living-dining-cooking space. Continue living-area pales and naturals with wood tones and baskets in the kitchen. If blue and white covers sofas and dining chairs, let it cover kitchen cabinets and walls, too. Or, easiest of all, paint all walls and ceilings one color, freshen with shiny white trim for a tailored all-of-a-piece look.

Decorate a salad

Next time you juice an orange, grapefruit, lemon, or lime, take time to zest it—and do it right: Slice just the outermost peel in the skinniest shreds, blanch, poach in sugar syrup. Zest keeps well in the refrigerator, garnishes salads and desserts, flavors ice cream or yogurt, makes great snacks.

Action underfoot

One big cooking-dining-living center (like the ones in this issue) can be united—and divided—by color on the floor. Idea: Keep walls and furniture neutral, and lay a rug of a different color in each action area. Or you could paint multi-colored area rugs right on the floor.

Small-space buffet

Think your kitchen is too small for a kitchen buffet? Look again. You could serve hot dishes straight from the stove, and, if you need more space, lay a long slab of butcher block across the sink. Arrange bread, cheese, and salad on top—and buffet away.

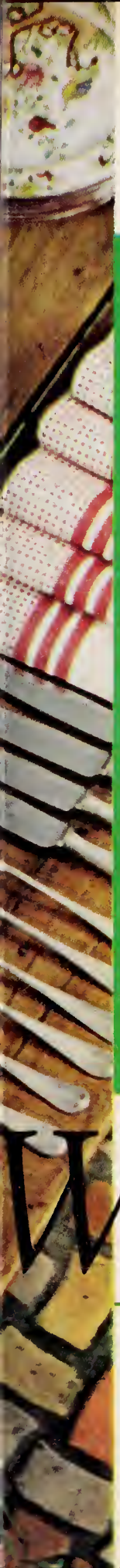
New in the kitchen garden

A rosemary topiary *must* be pruned to keep it in shape—so you'll remember to garnish roasts with it (terrific roasted in a paste of crushed rosemary and a little oil: a baby rack of lamb). Keep pots of herbs in a muffin tin; water with the faucet-spray attachment.

Movable walls

Screens make versatile room dividers for spaces big enough for multipurpose living. Screen off a desk area in a big kitchen, for instance. Or conceal a project-in-progress behind a screen. Giorgio Sant'Angelo stretched-canvas screens (see October, 1977) are now available in department stores.

The kitchen buffet—new party in town. Here's one in New York caterer Donald Bruce White's new kitchen: Vegetables Chinoise with a veal roast stuffed with anchovies; hot cheese beignets; ham and kidney pie beside a boat of Madeira sauce; an earthen crock of chilled wine. For more on kitchen buffets, see Wine & Food.



FOOD

—haven't you noticed the change? It's more varied, more adventurous, more important to us than ever before. Whatever we do, good food is always part of our good times. That's why we're so involved in our kitchens these days—and have you tried the kitchen buffet? It's the newest way to entertain. Kitchens are even moving boldly into the living room, creating an exciting phenomenon we call the heart-of-the-house room—a new living-cooking-dining-entertaining center that makes cooking part of the party. Starting here, a special report on cooking, kitchens, heart-of-the-house rooms, and the people who enjoy them. Because more and more, you'll find food

WHERE THE ACTION IS

WHERE
THE
ACTION
IS

THE HEART-OF-THE-HOUSE ROOM

All-in-one cooking, living, dining—country style

One space for living, dining, and cooking—it makes good practical sense for a young active family. "If we were all going to be home, we wanted to be together," say Linda and Brian Gracie who decided their 1780 house needed a heart. With architect Kenneth Lange, they added a wing—largely of glass—onto the original kitchen, whose back wall was replaced by an eating counter behind sink. The new space is in keeping with the rest of the house with handhewn barn beams to contour pitched roof, small panes in windows, and antiques—the ancestor portrait over the fireplace, the English pine table with ladderback chairs—the Gracies collect for business and pleasure.

Left: The new living-dining area. *Above:* The made-over kitchen area, with skylight, angled counters. For building facts, see page 141.

WHERE THE ACTION IS

2 THE HEART-OF-THE-HOUSE ROOM

Sleek new living wing with step-up cooking and dining

Everything you need, right at hand: convenient when you live alone, and terrific for entertaining. That was what bachelor Martin Greenberg had in mind when he asked architect Edward Hicks to design a living-dining-cooking room for his riverside house. He wanted the three areas "separate but not isolated," so Mr. Hicks built a dining-cooking platform one step above the living area and gave the kitchen a wrap-around eating-serving counter that turns into a cozy nook of its own. Since the space was to be "spare but friendly," it remained rugless and only a minimum of furniture was brought in—"just the things I really loved:" a trestle table; upholstered furniture "discovered" in New York; and steel planters rescued from a junkyard.

Above: The living area, with a stained-glass window.

Opposite page, top: The kitchen—eave

WHERE THE ACTION IS

3 COOKING CHEZ GUÉRARD

The personal heart-of-the-house roo of one of the greatest French chefs

Because cooking is at least half the fun of entertaining for Michel Guérard and his wife Christine, the traditional kitchen, dining, and living areas that make up their heart-of-the-house room, *left*, are almost—but not quite—one. A see-through wall separates cooking sounds and smells from dining area (but guests are *always* in the kitchen), and the door allows for grand entrances at serving time. Living area is off to the left. Tonight the dining table is set for a buffet, with plates that once belonged to an English ambassador to Peru, Louis XVI crystal found at Les Puces, the Paris flea market, and rococo silverware handed down through generations of Guérards. Crystal decanters are part of a collection. Chairs are Chippendale-style, marbelized, given leather cushions. In front of lattice-paneled window, 18th-century blackamoor.

Right: M. Guérard tastes—enough caviar for the scrambled eggs? Apron belongs to a friend.

DAVID MASSEY

COOKING CHEZ GUÉRARD

"There's a certain friendliness about a buffet—it's not a meal you impose on your guests, but one they can sample and explore, and eat just what they like"

IF IT'S APPLE SEASON

don't hesitate to make two or three apple desserts. It's interesting to see the different things you can do with a single kind of fruit

FOR THE STRAWBERRIES

on puff pastry dessert, try substituting rice flour for regular flour in the pastry cream—it'll give the cream a lighter taste and texture

AN APRICOT PURÉE SAUCE

to serve with apple charlotte can be a fine glaze for apple tarts. Make it with 12 fresh apricots (or a 16-ounce can of unsweetened apricot halves) simmered with ½ cup water, a vanilla bean, and sugar to taste

A meal at the Guérards' is always a special occasion, partly because they're happiest cooking for friends, partly because the menu is usually unexpected—even, to a point, for the cooks. "Our menus are planned according to the mood of the moment, and what's in season. We're very spontaneous and we love surprises." Here a dessert table for what the maestro calls "a casual kitchen buffet," (see recipes, page 132) with choices arranged on an 18th-century credenza across from the smoked glass kitchen wall. *From left:* apple charlotte, an apple compote in a crust of homemade bread, to be served with a puréed apricot sauce; fresh poached pear tart; apple pinwheels on puff pastry; strawberries on a pastry-and-cream sandwich; and the French version of a lemon meringue pie. Among them, pillars of brioches. "There's usually something chocolate too," says M. Guérard. "Everyone adores chocolate."

DAVID MASSEY

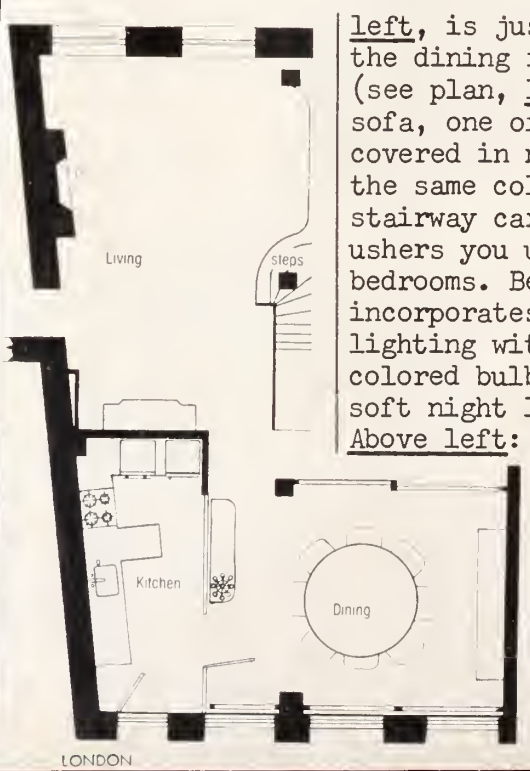
COOKING CHEZ GUÉRARD

While Paris may be the city of lights for some, it is a special hideaway for Michel and Christine Guérard. "Our apartment is just a pied-à-terre," says M. Guérard. "But we always look forward to stopping here on our way to or from Eugénie-les-Bains [where they have their spa and restaurant, Les Prés et les Sources d'Eugénie, open from April to November]. It is in an old building near Notre Dame cathedral, which we love, and our view is wonderful—lots of tile roofs and charming little gardens stretching every which way. So, while it's right in Paris, the apartment gives the impression of being in the country, far away from all the city noise.

"We have also done it in an unorthodox way. Upstairs are the bedrooms and bathrooms. Downstairs, are the kitchen, dining room, and living room all in one big space." The Guérards' heart-of-the-house room is truly a room with heart: "We wanted a place where we could relax privately—together or with friends. It's a room without protocol, where friends feel comfortable sitting around the fire or wandering through the dining room into the kitchen to see what we're doing." Actually the whole space was conceived because of the small kitchen. "I love the idea of a big friendly kitchen where everyone loves to gather," says M. Guérard. "But since this apartment only had a small kitchen—it's only about 4 by 6 feet—we decided to open it up to the rooms around it." In fact, the kitchen and dining room look, at first glance, like one space; but they're really two, divided by a smoked glass wall and a white lacquered door. And just beyond a structural pillar at one end of the dining area is the living room. "We don't mind that the kitchen itself is so small, because you don't need a lot of space for cooking."

What *is* important for people so involved with food and cooking—look for M. Guérard's new cookbook, *La Cuisine Gourmande,* to be published by William Morrow next year—is function. And functional it is (if you need proof, just turn back a page). "In a minimal amount of space, we tried to put in a maximum number of functional things." Through sheer planning ingenuity—"Christine's mostly, since she's the hostess"—the tiny space was fitted with all the conveniences they needed: dishwasher, full-size refrigerator-freezer, double stainless steel sink, two ovens, a two-speed stove hood camouflaged as an eave, and gas *and* electric burners. "I like to use electricity to simmer stews or stocks for hours and gas, because it is a nervous, controllable heat, to cook a delicate blanquette or to lightly sauté vegetables." There's also plenty of counter space, including marble slabs for pastry making, and ample storage with open shelves to display special treasures: ceramic barrels for mint and brandy; coffee mills; and jars of vegetables, pickles, and conserves made by the Guérards and their gardener's wife in Eugénie-les-Bains. "We make a point of only having essentials," says M. Guérard. "One forgets about things when they're too numerous."

To the cooks, the kitchen never seems cramped because of its view of the dining room through the glass wall. "We wanted a see-through wall because, while it joins the two spaces, it also lets us make a ceremony of bringing the food from the kitchen to the table or buffet. We never take anything directly from the oven to the table, but always arrange it in the kitchen first. It's a matter of respect—for the food and for your guests." Main-course platters go on the English pine chest against glass wall; desserts on credenza across the room. The table is almost always set for 8, so whenever the Guérards arrive "we instantly have the cozy feeling the house is lived in, ready for a meal—as if someone's waiting for us."



LIVING AREA

left, is just behind the dining room-kitchen (see plan, left). The sofa, one of three, is covered in natural wool, the same color as the stairway carpeting that ushers you up to the bedrooms. Beamed ceiling incorporates track lighting with amber-colored bulbs for a soft night light. Above left: The Guérards

SSEY

house should reflect the way u live in it: If you like cook and entertain, why not ve informal all-in-one ing spaces, so friends can el comfortable everywhere"

KITCHEN

space, above, is divided in two by the dishwasher that juts out between washing and cooking areas. Edging the shelves and counters, ceramic tile the Guérards imported from Eugénie-les-Bains, along with the terra-cotta tiles used to pave the whole heart-of-the-house room. The two tile panels on the wall illustrate two of the four seasons (the others are on the left-hand side of the sink). On the stove hood, a line-up of silver cups that once belonged to M. Guérard's grandmother and are now used to hold small bouquets on the dining room table.

Dinner with t Mondale

A visit to the Vice President' new house and delicious look at how Washington entertai

2

By Marian Burros

The Vice President of the United States walked into the kitchen as he does almost every day after work to shoot the breeze and nibble a cookie or two. "What's for dinner?" he asked, by way of greeting to the five stewards, as he picked up an ice cube and tossed it into a basket across the room. "Fish," someone said. "Whose idea was that?" 'Fritz' Mondale asked in mock dismay. Then he turned to Chief Navy Mess Specialist Elias 'Rod' Rodriguez, and teased: "If you can get fish off the menu, you'll becom a lieutenant commander. Other wise, it's seaman." The steward are Navy mess specialists wh volunteer for duty in the Vic Presidential residence.

Rockfish stuffed with crat meat, both delicacies of the near by Chesapeake Bay, were o the menu for the dinner Vic President and Mrs. Walter Mor dale were giving that evenin in honor of the Cabinet. A din ner, because the Vice Presider wanted to get the Cabinet to gether informally.

Asked what he would hav preferred had he chosen th

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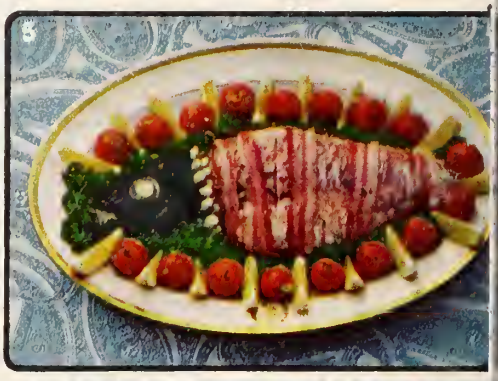
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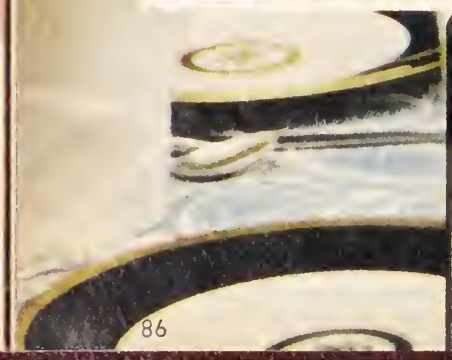


menu, Mondale, who both atches and cooks fish, said, Beef," but he added, "I'm really urned on to Italian." To prove t, he produced his own recipe ile, packed to overflowing with

(Continued on page 137)

Dinner for the Cabinet

Philippine egg rolls
Cream of mushroom soup
Crabmeat stuffed rockfish fillets
with herbed cherry tomatoes
Wild rice, green beans
in carrot rings
Rolls, salad, cheeses
Château Montelena Chardonnay
1975

Fresh fruit
Oatmeal lace cookies
Pecan and lemon curd tartlets
Almadén champagne

Vice President Walter Mondale. Admiral's House, the Vice Presidential sidence. **3.** *The Vice President visits e stewards,* from left to right: *Manuel pinoso, Romeo Cruz, Angel Paraoan, ilio Edora, and Elias Rodriguez.* **4.** *Fresh its, cookies, and bite-size pecan d lemon tarts.* **5.** *Rockfish latticed h bacon and given a head of cav- spread on a layer of cream cheese d gills of blanched almonds. Wild rice surrounded by en beans in carrot rings.* **7.** *"Hom- e to the Square: Glow" an acry- by Josef Albers hangs over ssert plates and flower-fill- finger bowls on sideboard. On the dining tables, Port- ult sheets for Wamsutta, of- ial Gorham "Strasbourg" ver flatware, Vice Pres- ential Castleton blue- rdered plates, and Lenox ystal etched with offi- al seal. Baskets flowers from The lower Designer in ashington.* **9.** *Cabinet embers and wives gath- in the living room.* **0.** *Mrs. Mondale checks tails. Recipes, page 34.*

APARTMENT

VING-A NEW HIGH

1 Country cottage 10 floors up

This living room with its deep-country character is actually in a hub-of-the-city apartment. John and Mary Emmerling, *opposite page* with their children, are collectors of the American primitive furniture that gives the whole apartment its personality, yet, they say, "always looks surprisingly modern when it has a neutral background." *Left top:* In a basic shell of white walls and furniture and bare floors, an exuberance of American bowls, quilted pillows, and a wreath of twigs. *Left bottom:* An antique quilt's mustard color "just happened to match" the lining of the 1800s cupboard. Shopping information, page 141.

"The antiques give the rooms their flavor and spontaneity—everything is used and, most important, enjoyed"

Country cottage 10 floors up

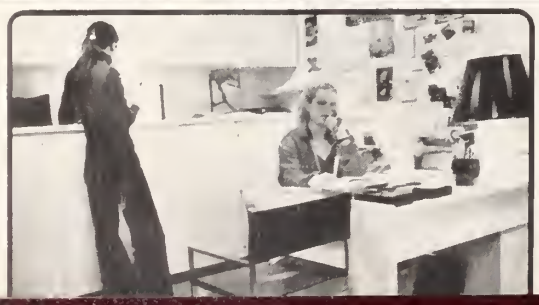
John and Mary Emmerling have been collecting antiques for about eight years. Quite simply, it is Mrs. Emmerling's joy and unabashed passion to find old, beautiful things that have been cared for and loved. The combination of her interest in American primitive furniture and her concern for the comfort of her family has resulted in an apartment in which everything is used resourcefully, and every room is delightfully varied. A collector's strategy called "trading up," which Mrs. Emmerling has employed over the years, has paid in slowly acquiring better and better pieces. For more about the strategy, see page 42. Her enthusiasm has been caught by her husband and children and now they all set out to country flea markets, auctions, fairs.

Mrs. Emmerling, who in her professional life is Design Editor of *Mademoiselle* magazine, insists that no piece in the apartment be so valuable, precious, or fragile that it cannot be played with or enjoyed by a child. "Most of the things we have are not expensive; they're things we've found at fairs, through a few dealers, at auctions, and through occasional special contacts I have in my work. It is possible to create an apartment like this with randomly bought things like the quilt and the corner cupboard in the living room because of underlying design consistencies of the period. It's a lot like today's 'separates' dressing."

How inexpensive is "not expensive?" The living room *coffee table*, $80 (legs trimmed to knee height); a *basket-on-legs*, used as a planter, $95; a *bench* used for standing potted plants; $20; *chandelier* in the dining room, made by a contemporary Pennsylvania craftsman after a Shaker design, $35; *quilts*, used as art or bedcoverings, from $30 to $200; *oversized mantel* from the 1800s, $250. And these are only a few examples of the bargains still to be found in the market today. It's the details that give the rooms their sense of hospitality and comfort—crockery filled with dried flowers, open bowls of potpourri, whimsies, checkerboards used on the walls like modern graphics, a laurel wreath or a heart of pine cones.

Opposite page, top: The dining-family room is one of the Emmerlings' favorite spots. The round table was found at a North Carolina market, the plate rack in New Hampshire, and the blanket chest in Vermont. From an aged bolt of mattress ticking came both the fabric for the placemats on the table and the upholstery for the sofa that fits, with a TV, comfortably against one wall.

Right bottom: In the bedroom, where fresh air blue and white are accented with ginger and vegetable green, windows are curtained with pure white Irish linen. Her chaise ("my *dream* is for a place to read"), also linen, is plumped with needlepoint pillows.



AT HOME: Weekends are together time. In winter, they're often spent in ski country, so fresh foods are picked up by Samantha and her mother at a Korean vegetable market, *top*, and packed for the country house. *Above, from left:* Weekends at home mean Daddy makes sour cream pancakes for everyone after a romp in bed to announce the weekend's arrival; the Emmerlings have friends for dinner, but "never nearly enough"; Samantha and her mom exercise in the morning. Mrs. Emmerling at American Hurrah Antiques in New York, a favorite antiquing ground. **AT WORK,** *left:* Design Editor Mrs. Emmerling and assistant Donna Ferrari plan as many as three features at once for *Mademoiselle*.

Country cottage 10 floors up

"Our kitchen is where the family really lives. The old woods and soft, aged colors add a character and friendliness all their own"

Here's proof that even the most modern materials and conveniences can live with old things and come out charming. Mrs. Emmerling's herb garden and drying stands get sunshine from two sides of the remodeled kitchen.

Above, clockwise from top left: 6-burner restaurant range with stainless-steel hood; collection of broom heads, crockery; 3-sided laminate-paneled open storage; corkboard panel over marble-like Corian countertops. Kitchen by SVP Kitchen and Bath Designs.

KAREN RADKAI

APARTMENT LIVING-A NEW HIGH

Different levels for different functions—that's how designer Joseph Lembo, using light textures and furniture he designed to double as storage, made this 15-by-20-foot space so flexible. **Left and far right:** Owners Mr. and Mrs. Sasha Muniak relax or work around the fire, sleep on a platform, entertain at top level, *above*. Shopping, 141.

KAREN RADKAI

2 The incredible do-everything one-room apartment

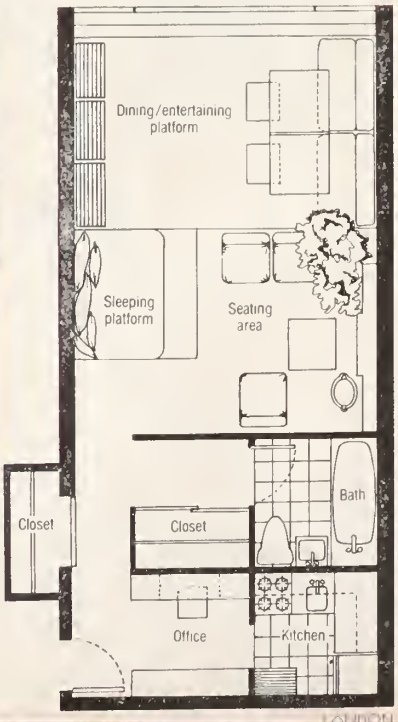
Do-everything one-room apartment

Seating that's storage, levels that change the space, tables that do more than you'd expect

KAREN PATTAR

WORK/SITTING AREA of this multi-action room is at ground level, *left*, the opposite end of the room from the window. A plain white wall serves as a projection screen for the research Joanna Cottrell Muniak does in connection with her public relations work. She and her husband, who is in real estate, watch the screening sitting on the soft, low chairs, which are upholstered in linen and straw. The fireplace to the left was stripped down to its original wood. Column sculpture is by Ilya Bolotowsky from the Borgenicht Gallery.

A BUFFET SPREAD is laid out at the highest level of this multi-level room, *above*. This is the dining/entertaining area, with a big city view. White laminate table tops, resting on inexpensive restaurant bases, can be used separately or together. Here they provide a buffet. To the left, a wall of adjustable erector shelving; to the right, a dining banquette that doubles as storage *(see opposite page)*. The floor and platform are covered with hard-wearing sisal. For shopping information, turn to page 141.



FULL LENGTH VIEW of this flexible 15-by-20-foot space, *above*, shows how neutral colors and interesting textures come to life in natural light. African straw rug can be rolled up, laid down anywhere—movable, like a few key pieces of furniture. Plan, *right*, shows how room is divided into work, play, sleep, party areas, delineated by simple-to-build platforms.

LUNCH FOR FOUR brings the tables together at the banquette, with two Breuer-style chairs facing it, *below*. White enamel-painted walls reflect the light from the window, which has, instead of curtains, sleek Levolor blinds. Fresh fruits and vegetables are the lunch menu, for both the Muniaks are strict vegetarians. Painting by Ilya Bolotowsky from the Borgenicht Gallery.

STORAGE INGENUITY is one of the clues to the success of this apartment. Here, *below*, is the dark beige canvas-covered dining banquette in its other role as 10 feet of storage for large scale items such as unhung prints and skiing equipment. "The storage solutions reflect the needs of the owners," explains designer Joseph Lembo. "In a small space like this, everything has to be functional."

MULTI-USE FURNITURE is a must for small spaces. The white laminate coffee table cube, *below*, designed by Mr. Lembo, contains storage for the Muniaks' bed linens and pillows. The simple but flexible white architect's lamp can be used for reading and working, or indirectly to wash walls or floor.

THE SLEEPING AREA, *above*, doubles as a place to relax or entertain: On its raised platform, the mattress is covered in heavy-duty quilted canvas during the day. An architect's lamp works as a bedside light. "I like to wear pale colors and textures," says Mrs. Muniak, "and that has been translated into the pale colors and textures of the apartment." Mr. Lembo adds: "Neutrals open space and enhance the people in it."

A TINY OFFICE, *right*, was created in the space between the entrance and the kitchen. The desk is a white laminate top resting on two white file cabinets. The white phalanx of drawers holds almost everything—"There were no drawers anywhere," says Mr. Muniak. Through the door you can see low-cost, flexible erector shelves for kitchen storage. Collage by Angelo Ippolito from the Borgenicht Gallery. Shopping information, page 141.

Declaration for

5 PACE-SETTING INDEPENDENTS

Father on weekends, Martin Greenberg with his teen-age daughter who helps him cook Sunday brunch. See more of his house on page 78.

On the road, single working mother Gill Redfern copes with flat tire emergency, shows how women alone can function mechanically. Daughter Jasmine gives an assist.

Part-time parent, Rex Hearn takes a hand in shopping for his son Christopher's clothes. Divorce for him is no excuse to opt out of parental responsibilities.

Dedicated to her job, Rebecca Greer puts in long hours at the office. She doesn't believe many women can juggle career, husband, plus a family successfully.

Never-married bachelor John Rockwell likes to work from home, a large, comfortable loft in New York's Soho.

POGER BESTER
ELLIOTT ERWITT
ALAN KLEINBERG

America is experiencing a social evolution. 15 million heads of household are happily unmarried. One in six is a single parent, with full or part-time responsibility for children. They reflect the growing status of singleness.

BY BEVERLY RUSSELL

In 1971, anthropologists Lionel Tiger and Robin Fox determined that human beings had a greater propensity than other primates to create a "pair bond." While loners always existed within human groups, they explained in *The Imperial Animal,* the long period of child dependence caused most people to seek the stability of a structured envelope for the mother-child relationship. Curiously, at around the time Tiger and Fox established a unique need for paired partnerships the pattern of such relationships came under closer scrutiny in this country. Research from Harvard's Dr. Erik Erikson noted men and women experience various stages of growth. At midlife, around 40, there is an urge to break out and establish a stronger identity. Inevitably, such a desire may weaken ties with relationships made in a younger phase. Gail Sheehy's book *Passages* reflected the changing mood in America. Close to 4 million copies sold in paperback revealed that lots of people identified with the "passages" in life. And a new wave of self-help books told how to "do your own thing" "don't be 'trapped' by family responsibility," "you've got to let go to experience something better."

In 1978, we reap the result that singlehood has gained status. Once representing a minute portion of American homes, the single-person household now numbers 15 million, a 40 percent increase since 1970. Today a fifth of all households are run by single persons and they cut across the total age spectrum from the 20s to over 65. They represent the unmarried, the divorced, as well as the widowed. New book titles emphasize the social trend. Margaret Adams produced *Single Blessedness* for example, as "a generous and unapologetic celebration of unmarried life in a married society." As a social worker, Ms. Adams saw her objective to treat the theme of singleness from a different vantage point. "Instead of regarding it as a temporary antecedent to the more common condition of marriage," she conceptualizes, "it is a social status or situation complete in its own right." Single people are a vast and mostly untapped national resource, declare Buff Bradley, Jan Berman, Murray Suid, and Roberta Suid, the four authors of *Single, Living Your Own Way.* And a resource that ought to be viewed more seriously and more positively, they add. "They [singles] have much to tell and teach about what it means to live on one's own. Until we come to terms with the self alone, we can't ever really know who we are."

Business has taken note of the singles market. The industry includes singles apartment complexes, singles bars, singles travel agencies, and, of course, singles dating services. Real-estate people know the value of singles group rentals. High prices are paid by friends who choose to live in an extended family situation for summer weekends by the shore or winter ski fun in the mountains. Business has opened up credit lines, too. With women totaling 42 percent of the labor force, the single working woman with a determination to hold down a career cannot possibly be considered a bad risk for a mortgage. What money lenders have learned also in the course of revising credit lines is that women are good borrowers. "They're generally better at handling their financial responsibilities than men," reports an officer at a New York bank.

"It is sometimes less difficult to wake up and feel that I am alone when I really am than to wake up with someone else and be lonely"

LIV ULLMANN IN CHANGING

For single parents (one in six of American households), the booming, nonprofit national organization Parents Without Partners acts in educational and social capacity, helping children of divorce with psychological hangups, and providing a common meeting ground for parents who, while going it alone, are in need of supportive companions. Those who may want to develop such companionships further turn to Jane Adams's recent book *Sex and the Single Parent* for hints about how to conduct their emotional lives. They learn that juggling children and lovers is never

independents

sy. "The first time I had sex with a an who was not my husband was a st," says Ms. Adams, a divorced wife id mother. "As a woman I passed: As single parent I did not." While Parents Vithout Partners offers a program ared to self-expression and self-help, ost of its 75,000-odd members, says e Manhattan Chapter President Marie erardi, don't expect this independent istence to be permanent. "Most hope remarry," she says firmly. "I'd like to yself," she added. "But finding the right erson for me is another story. Meanhile I've learned to enjoy life."

The single working mother

long with an increased desire to exress individuality (as Jill Clayburgh ut it in the movie *An Unmarried Woman*: "I'm tired of being Martin-and-rica, I want to be me."), discrimination a second factor that keeps intelligent omen like Marie Berardi single. After ne unhappy marriage, why get married or the sake of being married? Espeally when you have job security. "I on't want to be miserable again, go rough the stress of divorce again," remarked Gill Redfern, an independent nergetic graphic designer with a retty and happily adjusted daughter of 0. She has "gone it alone" since the ild was 18 months. "I feel I have to noose very carefully in another permaent relationship." Not atypical of a ivorced wife, she receives no alimony r child support payments from her exusband who has since remarried. Thus, ith a small, one-bedroom apartment all she can afford) she has never been ble to have the security of a live-in sitr. When her daughter was younger, ne faced the trauma of the after-school risis when the sitter failed to turn up nd an anguished phone call at her office old her that a tearful child was waiting be collected. Today, at 10, Jasmine is s used to this situation as her mother. he has her own key and can walk herelf home. For this working mother, of ourse, there's a second "hat" to wear t the end of the day. When she leaves von's Manhattan offices, it's a dash to et home, cook, help with homework, ew new clothes ("It's the cheapest way dress Jasmine"), or put up some new ookshelves and generally maintain her ome and daughter. Social life? "It omes after my job and Jasmine."

The never married bachelor

f women have asserted their independnce on the job market, men have develped their talents on the domestic scene. Many bachelors like pianist Mordecai Shehori can take care of themselves perfectly well single-handedly. "I can cook, lean, and have even learned to sew," he disclosed proudly. There's not much hope for any woman who falls under his spell if she can't produce a perfect soufflé. There are times when he sighs with relief, he adds, when he comes home to the quiet seclusion of his apartment, and then others when he fights loneliness by practicing the piano until 3 A.M. He'd like to be close to someone, but that woman would have to be supportive and maybe "live vicariously" through his musical career.

Music critic John Rockwell, 37, is not dissatisfied with his single life, but speaks rather mournfully of the lack of "old-fashioned girls. I find I tend to be attracted to a somewhat more conventional and vulnerable type of woman," he remarked. "I was brought up in Berkeley in the 60s with Vietnam and revolution and I've probably reacted against all that." Women's lib has led him into an intellectual dilemma. "I'm also attracted to intelligent women with careers but to have a woman that I am romantically involved with cooking or cleaning or doing domestic tasks would bother me," he admits. At the same time, he wants somebody to perform these tasks. The conflict is resolved by paying a student dancer, Holly, to come in half-days and clean, shop, water the plants, and feed the cat. With a large, well-furnished loft, Rockwell likes to entertain anywhere from 10 to 200 people. Holly may help cook and serve a simple roast, or he'll call up the neighborhood Italian restaurant to provide the meal.

The independent career woman

But as well as credits on the single life side, there are obviously debits. Writer John Leonard, an astringent observer of human communication, has often discussed in his *Private Lives* column in *The New York Times* the frustration experienced by the woman who becomes emotionally attached to the uncommitted man. Singlehood must and does create a mode of self-indulgence. Perhaps, without really realizing it, single people limit themselves to a self-oriented routine that provokes too much self-indulgence and not enough sharing and caring. Caring, wrote philosopher Milton Mayeroff, is the way in which the individual really feels at home in the world. "He [or she] is not at home through dominating or explaining or appreciating but through caring and being cared for." The most successful and satisfied singles perceive the danger of selfishness and create opportunities for give and take. "Sure I like having nice clothes. And the very idea that I would spend $75 on a sweater really upset one man I was dating," said career woman Rebecca Greer, author of *Why Isn't a Nice Girl Like You Married?* "But I think my mothering and sharing instincts are very well taken care of with my 14 nieces and nephews and 8 grandnieces and nephews." She put one child through college and spends most holidays with members of the family. She doesn't believe that too many women can properly handle a husband, children, and a job. She chose a job and freedom "to eat cookies at

Continued on page 138

15 quick tips from independent people that can make life easier for anybody

1. **MONEY MATTERS.** Take a course in financial management to protect yourself from problems. Extra advice for the single breadwinner, page 26.
2. **BE GENEROUS** when entertaining. Make larger quantities than you need, so you can eat leftovers on other nights and save on cooking and shopping.
3. **QUICK FIX-UP** for floors—buy a handy, lightweight, mini carpet sweeper to zip over a room in a jiffy.
4. **ESTABLISH CONTINGENCY DAY,** an annual event in which you review your financial situation and consider what should be done if you are disabled.
5. **CUT DOWN** the cost of baby-sitting with a live-in student, who exchanges room and board for looking after youngsters.
6. **BE FRIENDS** with a restaurant, shop, or catering firm, so you can count on help for that last-minute dinner party when there is nothing in the refrigerator and no time to shop.
7. **SCOUT RELATIVES** for reliable help. Professional handymen can cost up to $14 an hour. A young nephew or friend of the family may be anxious to earn extra money. Aside from saving on expenses, you will benefit from having a helper who is perfectly trustworthy.
8. **GET TO KNOW NEIGHBORS.** How well do you know people in your neighborhood or apartment building? Often you can make trade-offs with other families in child care, shopping, pickups from school, or deliveries from stores.
9. **WORK OUT** the cost benefit of doing something yourself, such as sewing.

Continued on page 140

A house

Farmhouse feeling in a modern heart-of-the-house room

Behind a facade of pure tradition, indoors the farmhouse is surprisingly modern. Right away you're greeted by two skylights and then by a sweeping family space with floor-to-ceiling glass that opens up the whole back of the house. To show how spacious the heart-of-the-house can look, *left and opposite page, bottom,* designer Mario Buatta had it all painted white "for unity" and he had the hardwood floor by Bruce laid diagonally to visually widen the long room. To give the kitchen a sense of separation, its slanting ceiling was edged with platters that continue around the corner —but stop short of the living area. The dining table extends to seat 12 and the table behind the sofa (both from Ethan Allen) flips open for buffets. Danish Wildflowers fabric by Waverly. *Above.* Scholz farmhouse with vinyl siding by Bird & Sons. Andersen windows. *Right:* Plans, 2,821 square feet.

BEADLE

TOM YEE

ACTION PLAN. LOTS OF SPACE

Two new ideas in this farmhouse are its craft room, *left and below left*, and its studio, *far left* – both planned so you can lay out a project and finish it at leisure. "When you're working with rooms like these, you outfit them, you don't decorate them," says Mr. Buatta, who outfitted the crafts room with everything you need for sewing: Elna sewing machine, a loom by School Products, and baskets full of fabrics and yarn. To make clean-up simple, the floor is tiled, and countertops are laminated plastic. Sliding doors to front porch have snap-out panes for easy cleaning. Wood cabinets were stained gray "to camouflage fingerprints" and to match Georgia-Pacific's weathered "Barnplank" paneling. Upstairs, in the private studio, the same durable tile floor, Sam Flax art supplies, Hitachi clock-radio. The kitchen, *top right and right*, was outfitted with appliances by Whirlpool and a Jenn-Air grill on an island with storage underneath. Next to the island and opposite the ovens, a built-in desk, *far left*, with Alenco greenhouse window above it. Ethan Allen Windsor chair. Shopping information, page 141.

WIPE-CLEAN MATERIALS

BEADLE

Active rooms
for crafts,
art,
menu-planning,
cooking

Plants, flower colors, and patterns— nature inside and out

ONE PRINT, SUNSHINE PAINT

Sunshine and flowers were the inspiration for decorating the bedrooms. "I wanted each one to be a garden in the sea of green that surrounds the house outside," says Mr. Buatta. The sun shines right into the downstairs master bedroom, *left*, and its sitting room with (an optional) Heatilator fireplace. Mr. Buatta had the walls painted yellow, the floor carpeted yellow, and he let a cheerful print float over the Ethan Allen bed, upholster the armchair, and curtain the window fitted with Kirsch blinds. William Tillyer prints from Bernard Jacobson gallery. The garden continues all the way into the bathroom, *opposite page, bottom left and right*, in leafy green stencils by Adele Bishop and plants in a copper-lined planter behind the Eljer Japanese soak tub with whirlpool. J.P. Stevens towels. American Olean tile. Upstairs, there are two more baths and three bedrooms—shown here, a girls' room, *right*, and a boys' bedroom, *left*. Tru-Test paint by Cotter. *Above*: Optional redwood-slatted deck with Brown Jordan furniture. Shopping information, page 141.

BEADLE

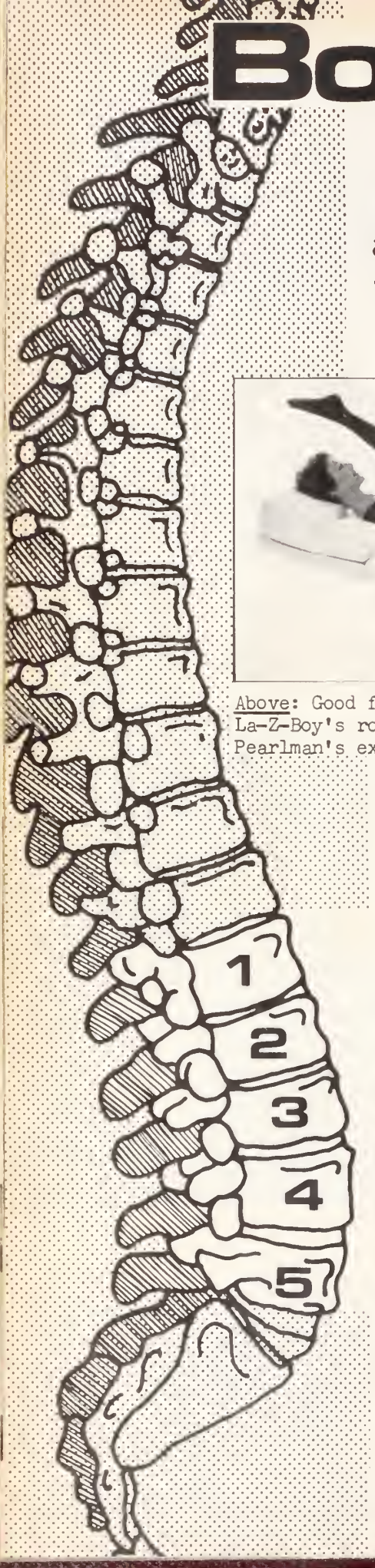
GINGHAM FOR OLD-FASHIONED CHARM

Body furniture

Join the trend toward comfort where it counts a special report on the new health-conscious furniture designed to give your back a break

SUSAN WOOD

Above: Good for the back, good for exercising, La-Z-Boy's rocker recliner. More on Barbara Pearlman's exercises in Good Looks & Good Health



Left: Five lumbar vertebrae at the small of the back are ones that cause problems

DURELL GODFREY

It is hard to pinpoint exactly when public attention first focused on the need for greater comfort in furniture. Perhaps it was when President Kennedy, who suffered from back pain, became wedded to his rocking chair. Or when Bobby Fischer insisted that a favorite armchair designed by Charles Eames be flown to Iceland for his celebrated chess match with Boris Spassky. For the estimated 7 million Americans who live with the miseries of back ailments, the lack of body support in furnishings becomes painfully acute at the first twinge of discomfort.

In the past few years, furniture designers have become increasingly involved in developing seating and bedding that not only looks good, but feels good. The study of health and comfort in relation to design is called ergonomics—a British term, which, simply stated, means the study of the relationship between man and his environment. Ergonomics, or human engineering as it is also called, may have begun when primitive man discovered that a bed of loose straw and twigs was more comfortable than the cold ground. It became a full-blown science, however, only in this century. Since World War II, when the military sought to cope with technical machinery, ergonomics has progressed in this country to industry, health care, transportation, and the office. In other countries, especially Western Europe and Japan, user comfort has long been a concern in work environments, as well as the home.

A noted industrial designer, Archie Kaplan, attributes the growth of ergonomics to the immensely impersonal scientific/industrial age we are experiencing today. "Before the Industrial Revolution," he explains, "when life was rather simple and limited to a narrow locale, products and tools were fashioned by hand with particular users in mind. The pitchfork designer knew who he was making the pitchfork for, so he could design it with that particular man's physical properties in mind. With mass production, any such personal input was eliminated. Ergonomics today is simply an attempt to put back what was lost in mechanization. Its resurgence is as natural as our nostalgia for roots, and our reverence for handcrafts." Of course, it's not possible for mass-produced furniture to cater to the comfort of every individual. We are too different in size and shape. But by analyzing man's anatomy, designers have determined how to satisfy a majority of physical needs. The most obvious arena for the ergonomics designers has been seating. In this field, the research doesn't stop with measurements. Comfort is judged not only by how we're built, but by how we sit—how we fidget and wriggle and move within the chair. The resulting knowledge has enabled the ergonomics designers to work from a range of optimum dimensions and measurements. What's more, their findings reveal a great deal about sitting technique and the effect of sitting on our bodies. In the words of Niels Diffrient, a leading industrial designer and architect of the seating on American Airlines: "Sitting is an athletic event. To do it properly, you have to be trained." For the millions of seat sufferers, the results may be well worth the effort.

CAN FURNITURE AFFECT OUR HEALTH?

Back pain is the most common chronic complaint in America. The National Center for Health Statistics has report-

By Ruth Miller Fitzgibbons

in the news

ed that in 1975 back problems accounted for almost 17 million visits to physicians. Dr. Leon Root, a back specialist at New York's Hospital for Special Surgery, says there are many causes and degrees of back pain, most of which are not attributable to poorly designed chairs. In his book *Oh, My Aching Back*, Dr. Root describes the back as a "complex framework from which every other part of the body is otherwise supported or suspended." The spine, its principal structure, is a most vulnerable body system. A weakness in the spine can result from faulty posture, Dr. Root says. And poor posture is aggravated by sitting improperly in a poorly designed chair.

There are other unhealthy conditions related to improper sitting. Thrombophlebitis, or the presence of blood clots in the veins, is a consequence of restricted blood flow. In an article called "Sitting—The Chair Disease", Dr. Alton Ochsner of Tulane University School of Medicine, warns of the hazards of this problem for anyone who spends a lot of time sitting. When legs are cramped or left to dangle from a too-high seat, the blood from the lower legs has a difficult time returning to the heart. Obviously, in a person prone to clotting (Dr. Ochsner estimates there are 400,000 Americans who are), this slow blood movement can be dangerous. Further, chairs with high backs or deep, low seats with little back support can cradle the upper body in an unnatural forward thrust, restricting breathing and causing undue strain on the neck muscles. Happily, our bodies have built-in defense mechanisms to fight such situations. A healthy person will react to potential dangers by signaling discomfort. When we rock from side to side in a chair, we are attempting to take pressure off our behinds. When we cross and uncross our legs, we seek relief for the undersides of our thighs. As a last resort, we may stand and stretch, freeing our bodies from the uncomfortable constraints of confinement.

WHAT HAPPENS WHEN WE SIT?

When we are seated, the weight of the body is borne by bony protrusions underneath the pelvis, and to a partial degree by the back and the undersides of the thighs. The thighs are not really designed to bear up well under body pressure. When the soft outer layers are compressed, circulation is restricted. The strain is also felt by the muscles and most particularly by the muscle nerves. Pressure on these nerves is what causes your legs or feet to "go to sleep." Fortunately, the buttocks is better equipped for the task. But it withstands the body's weight only when that weight is evenly distributed. When we sit in an upright position, leaning against the chair back, there is less pressure on the buttocks and thighs. In addition, if the chair back is well designed, the lower spine—traditionally prone to back pain—is given support it needs to maintain the natural S-curve of the spine.

Most of us can't sit still for long. This is a fact that was illuminated by studies in time-lapse photography conducted by the University of Wisconsin professor William Stumpf, who designed a family of "Ergon" office chairs manufactured by Herman Miller, as a result of his research. Professor Stumpf observed office workers through the course of their day to discover the positions they assumed in their chairs. He found that there were three universal responses: work/intensive, when we're totally absorbed and relatively unaware of how we're sitting; conversation/reflective, a posture we assume when telephoning, reading, or talking; and relaxation/stretching, a position we use to free ourselves from the strain of sitting.

When buying seating, these positions should be considered. For instance, a dining chair needs to be supportive, for sitting upright for relatively long periods of time. An easy chair should offer a large padded seat for distributing body weight, or maybe the ability to tilt back in a semireclining position. Designer Ward Bennett, whose prize-winning chairs are seen in countless public places, says that the *perfect* chair would be made to order. In the forthcoming book *Chair*, to be published this fall, *(Continued on page 140)*

Above: Swivel office chairs by Knoll for comfortable dining in architect Fred Bookhardt's loft
Below: Emilio Ambasz and the flexible Vertebra Operational Chair he designed with Giancarlo Piretti for Kreuger. For more details, see shopping information

Decorator Robert Denning and his electrically-operated hospital bed set into a Victorian antique bed frame

kitchens

good looking good cooking ideas

Welcome to the kitchen of Cecile Rivel, teacher, mother of two cooking sons, owner of The Culinary Arts kitchen shop in Wilton, Conn. (itself a paradise for dedicated cooks), and master organizer of the cooking-living-dining complex that's the center of her life. With the help of architect Roland Scharfspitz and decorator Rodica Brecher, she designed her kitchen for maximum workability: It's open to breakfast, family, living, and dining rooms, but dividers—each with its special work and storage function—maintain neatness and privacy. **1.** The breakfast area, separated from the central space by an angled extension of the long main counter **(2). 3.** The cooktop's drawers provide enough space for future acquisitions; a tilted rack keeps spices easy to reach, dust-free. **4.** Desk for office work and room for 200 cookbooks divides kitchen from family room. **5.** Natural light and greenery warm up every part of the kitchen, through big windows over the sink area and in the breakfast room, and a skylight over the cooktop. **6.** The baking area, with wall of clear labeled canisters supported by the counter; below, more drawer space for baking utensils.

1

2

3

4

Nonstop storage

5

6

BEADLE

Glamour with mirrors

Tom Long wanted "an extraordinary kitchen": elegant, functional, and modern. So the owner of New Orleans's famous gourmet and cookware shop, La Cuisine Classique, covered floor and countertops with white Italian marble **(5)**, and mirrored just about every other surface—cabinets, refrigerators, and dishwasher doors, wall sections, even part of the ceiling—doing all the work himself. White Levolor blinds cover three floor-to-ceiling windows; when they're drawn, as here, the wall becomes a blue shimmer **(4)**; when they're open, stretches of glass and copper pots reflect a blaze of sun. The extraordinary result? "When I give a party, everybody stays in the kitchen."

DAVID MASSEY

5

Streamlined design

7

Many can cook and more can eat—with space to spare—in the sleek, trim kitchen architect Melvin Dwork made out of a plain square room. For openness and an architectural sweep, he pushed out walls and raised the ceiling to the rafters **(6)**, then glossed cabinetry with brown lacquer, floor and countertops with taupe quarry tile **(7)**. "Now it's an inviting room," says Mr. Dwork, "great for impromptu parties." The center island, with eight burners (convertible to grills), has deep storage underneath; a long butler's pantry in back provides more. Roll-up shades give diners privacy but let the sun in.

BEADLE

Chinese Vegetables

New Taste for American Gardens

Opposite page: In the stepped garden behind Mr. and Mrs. Peter Trent's house, rows of Chinese and American vegetables grow, the tomatoes and snow peas propped on chicken-wire fences. *Above:* Christopher, 5, helps his mother harvest mustard greens.

Chinese Vegetables

New Zest for ummer Salads

risp, cool salads: snow peas and rips of julienned chicken, rimp and scallops with mus-rd greens, or cucumbers with me juice and the tang of cori-nder—all with easy-to-grow merican vegetables and a few riental ones added for a new vist. May Wong Trent, cook, ardener, cooking teacher, and ookbook author (*Eighty Pre-ious Chinese Recipes* and *Ori-ital Barbecues*, Macmillan) rows vegetables in a terraced arden much like the ones she new as a child in Hong Kong. n Short Hills, N.J., railroad ties nd chicken wire supports make eat beds, simple to weed and ater. She starts in early spring, lanting greens, onions, snow eas, then in summer fills in with elons and squashes (set outside ne garden where they can really sprawl), tomatoes, beans, peppers, and cucumbers.

For light main courses with an Oriental touch, Mrs. Trent translates basics—summer vegetables, meat, and seafood—with lime juice, soy sauce, and ginger—into salads from China, Thailand, and Vietnam. Preparation time is minimal: Small slices of meat, shrimp and scallops cook quickly, and the Oriental vegetables are merely blanched to enhance color, flavor. Ingredients are then cooled and combined with fresh vegetables—cucumbers, radishes, onions, peppers. A sprinkling of simple dressing, often with some chopped herbs (chives, basil, mint), and the salad is ready to serve. Another Trent family favorite is snow pea shoots—the young sprouts, 2 or 3 inches high, sautéed with crabmeat and white sauce. For more, see pages 44 and 174.

Opposite page: *Do-it-yourself finger salad with pork, rice noodles, chopped herbs, assembled by Mrs. Trent,* top left, *neat lettuce packages,* bottom, *tied with wilted scallions and served in shiny lacquered bowls.*
Far left: *Mustard greens from the garden.*
This page, top: *Shrimp and scallops with mustard greens; eef with cellophane noodles and mbers on a lacquered rectangle.*

Above left: *Thai salad on an Imari plate; a basket of smoked mussels and fresh vegetables with sesame seeds.*
Above right: *Chicken with snow peas.*
Left: *Salad for two beside a screen Mrs. Trent brought from Hong Kong. Interior design by Lynn Leventberg.*

MEAL IN MINUTES

MENU

Grilled fish with Provençal herbs
(Poisson grillé aux herbes de Provence)
Green salad
Peaches in Muscat wine
(Pêches au Muscat)

Whole grilled fish, crisp greens, and summer fruit in wine—no-fuss party fare that means at most 45 minutes in the kitchen, so the cook enjoys the evening, too. The Provençal menu is from Ann Clark, director of La Bonne Cuisine cooking school in Austin, Texas.

For fish on the grill, light the charcoal early enough so the coals will be gray, not red-hot, about 45 minutes before you want to cook, or preheat broiler 10 minutes. If your fish is cleaned and scaled ahead of time, you can stir up the marinade in less than 5 minutes, baste the fish with it, and place over the coals or 4 inches from broiler.

While it cooks—a 3-pound fish takes 30 minutes—wash salad greens and slice peaches for dessert. After 10-15 minutes, when you'll be turning the fish, fill champagne glasses with the fruit, pour the wine over, and place glasses in the refrigerator to chill. Assemble salad and heat bread, if you wish. By now the fish will be done.

For lunch or dinner, this fish is also excellent cold; the menu stays the same. Cook fish the night before or early in the day, wrap it, refrigerate.

Grilled fish with Provençal herbs

INGREDIENTS

3 pound whole red snapper, pompano, redfish, sea bass, whiting, cleaned and scaled
Juice of 1 small lemon
3-4 tablespoons Provençal olive oil
1½ teaspoons sea salt
¼ teaspoon black pepper, freshly ground
1-1½ teaspoons Soleillou's Provence Herbs for Fish or 1 tablespoon crushed fennel seeds

METHOD

☐ Wipe fish with damp paper towel and score on both sides with 3 large X's.

Continued on page 137

Opposite page: To cook or not to cook—real and pottery eggplants filled with an eggplant mixture to serve as a salad, or topped with bread crumbs to bake. Pottery eggplants from Bailey/Huebner. Recipes from Glorious Food, page 130. Shopping information, page 141.

WINE & FOOD

HEART OF THE PARTY

THE KITCHEN BUFFET

where you'll find eggplant salad and other surprises

MICHELOB
BEER
Weekends
were made
for Michelob.
By ANHEUSER-BUSCH, INC. • ST. LOUIS • SINCE 1896

Preserving in minutes

Magic in the microwave oven

The microwave oven is a natural to help speed up making preserves, jams, and jellies as well as preparing fruits and vegetables for freezing. The quick cooking helps retain color and the fresh taste of the ingredients. With the all-over heat distribution, sugar mixtures will not scorch and need little stirring. And since the oven does small batches so conveniently and quickly, you can have fresh jam all the time and pop leftovers into the freezer.

Once the preserves are prepared and poured into sterilized glasses, finish processing in a water bath canner or pressure canner. The oven will not keep the temperature high enough to effectively kill all the organisms for safe preserving.

TO PROCESS OR NOT TO PROCESS:

The general rule is that open kettle canning—boiling ingredients, ladling into jars, and sealing with no further processing—is safe only for jellies with their high sugar content. Use water bath canning for jams, and preserves, and pressure canning for low-acid foods. To answer just about any home canning question you have, open *The Ball Blue Book* ($2.50 at stores where canning equipment is sold or from Ball Corporation, Consumer Products Division, Consumer Service, Muncie, Ind. 47302). It is full of tips, recipes, charts for processing times and altitude differences.

MICROWAVE TIPS FOR FOOD PRESERVATION

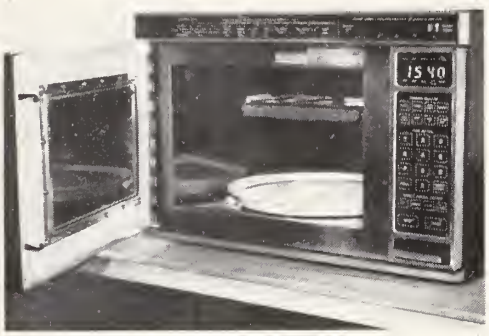
Use high power on all recipes. Once the mixture boils, lower power only if mixture will continue to simmer. Experiment to see how your oven works best.

Add pectin gradually to fruit mixtures, stirring very well. Fruit juices do not evaporate during cooking as with traditional open kettle boiling, so you need the pectin as a thickener.

Always lift lids away from you to avoid steam burns.

Melt paraffin in a double boiler over slowly simmering water and *not* in a microwave oven, so you can be sure it does not get too hot. Like most petroleum products, it tends to be volatile. From Roz Namacher, home enconomist with Masonware Corporation.

Peel peaches and tomatoes by heating 10-20 seconds (depending on the number and size of the fruits). Allow to stand 10 minutes and peel. If tomatoes overheat, package for sauces and soups.



Space age cooking—oven by Sharp. Shopping information, page 178.

Microwave lemons, oranges, limes, and grapefruits 15-20 seconds before squeezing, to get more juice. Allow to stand 3 minutes before squeezing.

Rehydrate dried fruits by covering them with water or another liquid. Microwave on high 5-6 minutes. Allow to stand 3-5 minutes. Soften raisins and dried fruits by adding a tablespoon of water or other liquid. Cover and microwave on high 15-30 seconds. Let stand 2-3 minutes, drain, and use. Plump dried fruit for recipes in the amount of liquid called for (rum, brandy, etc.) by microwaving on high 5 minutes in a covered container. From Judi Everts Cranmer, a home economist currently working on a food preservation book to be published by Nitty Gritty.

If your microwave cooking power level is between 600-700 watts, it takes about 2½-3 minutes to bring 1 cup liquid to a boil. So when preparing recipes with liquid, you can approximate the heating time.

When you prepare smaller batches of jam, they are usually easier to manage. Use a bowl with a handle, so that the handle will stay cool and be certain the material of the bowl can handle the high boiling temperature.

While jam is cooking, prepare canning jars by conventional sterilization methods. From Thelma Pressman, who runs the Microwave Cooking Center in Encino, Calif.

DRYING HERBS IN THE MICROWAVE

From Judi Everts Cranmer

Most fruits and vegetables will cook in a microwave before they dry, but herbs can be dried successfully.

Wash herbs and pat semidry with paper towel. Separate leaves from stems. Place a paper towel on a piece of cardboard. Spread a thin layer of leaves on the paper towel and cover with another paper towel. Place in microwave and microwave on high for 30 seconds.

Test to see if leaves are dry. Stir. Microwave an additional 30 seconds if necessary. Let stand 10 minutes. Test. Herbs should be brittle. If not dry, microwave a few seconds more. (Depending on amount dried and moisture content, time may vary up to 3 minutes total.)

Store in airtight container. Check within 24 hours. If moisture is present, microwave for a few more seconds.

Dry stems by spreading out as the leaves. Microwave 25-30 seconds. Cool. Place stems in blender and blend ½-1 minute. This coarse powder can be used to flavor casseroles, soups, or sauces (strain before serving).

MICROWAVE BLANCHING OF VEGETABLES FOR FREEZING

From Judi Everts Cranmer

Prepare vegetables: Wash, trim, and cut into uniform size pieces. Weigh vegetables—a 1-pound batch is usually considered maximum for best results.

Arrange vegetables evenly in a casserole, add water, and cover. Use ¼-½ cup water except for greens, peppers, onions, and tomatoes, which require no additional water.

Variations in blanching time can occur due to differences in texture, freshness, and the shape of each vegetable. As a rule of thumb, vegetables should be blanched between ¼ and ⅓ of the regular microwave cooking time. Microwave on high 2-3 minutes per pound.

Stir vegetables halfway through the cooking time and at the end of blanching. Check the vegetables at the minimum blanching time—they should be bright colored, translucent and evenly blanched.

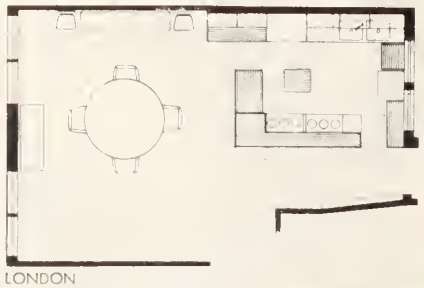
Plunge vegetables into ice water or under cold running water to stop additional cooking. Place on paper towels and blot dry. Package for freezing.

Continued on page 134

Supper straight from the stove

At Maurice Moore-Betty's

BEADLE



LONDON

1.

When a professional cook uses his new kitchen for entertaining his friends as well as for work, very special things can happen. Maurice Moore-Betty, *above*, who runs one of the best cooking schools in New York, makes certain each dish combines good taste with the unexpected: A traditional English savory—fresh pears stuffed with a blend of Stilton and butter—is used as a first course. The sweet and sharp contrast sets the palate up for rice spiked with mushrooms and sausage and chicken Marengo. An assortment of julienned vegetables sits on a bed of subtly flavored tomato sauce (there's more in a sauceboat to go over the top). And two desserts—a molded rhubarb fool garnished with fresh strawberries, and floating island—one celestial island of meringue floating in a light custard sauce to cut and serve like a cake. The old kitchen worked well, but felt a bit cramped due to a wall dividing the kitchen space and a narrow hall. The simplest solution—remove it. Which is just what Mr. Moore-Betty did with the help of Berg & Brown. He filled the space with six all-in-a-line Wolf Husky restaurant burners (no pilot lights) and a two-part butcher-block counter. The counterleaf flips up, supported by brackets and underneath are ingenious cubbyholes for miscellaneous storage and student paraphernalia. Not only did Mr. Moore-Betty get more elbow room for his students, he achieved a natural entertaining kitchen—the counters make a wonderful buffet and hot dishes stay right on the burners over low heat for guests to serve *(Continued on page 128)*

5.

1 To begin—pears stuffed with Stilton topped with walnut halves; **2** chicken Marengo garnished with olives and risotto Carnavale, rice cooked with wine, mushrooms, and sausages; **3** a platter of crisp vegetables cut into matchsticks to serve with a homemade tomato sauce; **4** floating island made a new way—the meringue is baked then set afloat in custard sauce. **5** The buffet set out on the L-shaped butcher-block counter. **6, 7** Mr. Moore-Betty's new kitchen with its flip-up counters to make room for students and a central space for him where Sub Zero refrigerator, built-in Thermador ovens, sink, and burners are all within arm's reach. The antique table is set with antique flatware and a shell centerpiece "so you can see across the table." **8** The much-used collection of heavy copper and Calphalon pots hang by S-hooks to a wire grid from Manhattan Ad Hoc.

6.

8.

MENU

Pears stuffed with Stilton
Chicken Marengo
Risotto Carnavale
Vegetables with tomato sauce
Molded rhubarb fool with clotted cream
Floating island
Dry red and white wines

2.

3.

4.

7.

At Donald Bruce White's

1.

BEADLE

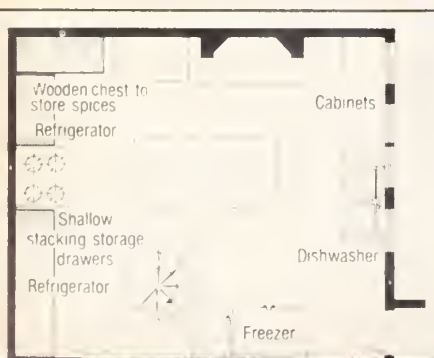
The kitchen buffet

Dinner takes center stage

When you produce gala parties for demanding clients all week, how do you finally relax? Plan a party of your own, if you're Donald Bruce White, one of the busiest and most innovative caterers in New York. "Chopping parsley is the greatest therapy in the world—I love to cook for 6 or 8, but my parties have to seem effortless." Solution: a tempting menu with make-ahead desserts like melt-in-the-mouth pear ice, butter walnut cookies, and a creamy lemon Bavarois. A pungent anchovy-seasoned veal roast can be stuffed and browned as early as the day before, then put in the oven with a ham and kidney pie just as friends arrive. Everyone gathers in the kitchen for apéritifs and samples the endive with cream cheese and caviar and the plump golden cheese beignets that Mr. White creates on the spot. By day, the double-duty kitchen with its whitewash-and-copper country charm serves as a professional "cold kitchen" for Mr. White's hors d'oeuvre and dessert cooks. Working with consulting designer Charles Mount, Mr. White has transformed a dreary ground floor of offices into three airy kitchens. A space so conducive to easy entertaining was a major goal for Mr. White, who advises his clients: "Make your guests instantly comfortable. After all, they're the secret of a successful party."

MENU

Endive with cream cheese and caviar
Cheese beignets
Rully Clos St. Jacques
Ham and kidney pie
Stuffed veal roast, Madeira sauce
Vegetables Chinoise
Dione Lucas' lemon Bavarois
Pear ice, Butter walnut cookies
Inglenook Zinfandel '73



2.

4.

1 Donald Bruce White and his buffet for 6—or more. **2** Grapes top molded pear ice. **3** Antiques and paintings collected for years blend with up-to-date equipment, give the professional kitchen a warm glow. **4** Dinner waits on an antique table that doubles as a work counter — portable equipment even goes to parties. **5** Lemon Bavarois, ringed with lime slices and strewn with citrus zest. In back, butter walnut cookies. Recipes, page 135.

3.
5.

The home bar

Where to put it, how to stock it, what to serve

By Henry McNulty

WILLIAM P. STEELE

Efficient bar built into a wall with special nooks for wine, plenty of shelve and counter spac

Everyone likes to be entertained in a relaxed way. Host and guest alike should feel comfortably at ease. About the only way you can achieve this détente is to be lavishly well prepared in advance. Know the secret of handling drink orders with the least possible fuss, and you will be able to stop and celebrate at your own fiestas with a drink in your hand—preferably an easy one to make.

There are as many ways to set up a bar as there are amateur barmen. A friend of mine keeps his bar in a great antique French provincial wardrobe. I used to hide my bottle supply in a cupboard under a bookcase, but that changed radically when a practical lady decorator suggested, and quite right, too, that it was a bore to have to lug them out and put them away everytime I felt like having a drink. She lightened my burden immeasurably by pointing out that I had a spare tabletop next to the living-room door. Why not use that? And indeed that has been my "open air" bar ever since, for all to use, just right for my **Rule Number One: Make life easy for yourself.** Although I like to be free to drink anywhere I want to, moving from room to room or into the garden, it is only practical to keep liquor supplies, glasses, and bar equipment all in one place or near each other. I like to see my ingredients on a large tray; they look very inviting right out in the open, on a shelf, or in a piece of furniture that fits in with the rest of the room's personality, unobtrusive but handy to get at.

Furniture manufacturers have long applied their American ingenuity to dreaming up just-the-right-thing to use as a bar, from tall, carved cabinets to simple trolleys, which are wonderful things to have since you can roll your bar to the party, in or out. And all the new, flexible wall systems have sections good for bars.

Glasses. My simple **Rule Number Two: Use a minimum of types of drinking glasses.**

You really need only three kinds: a wineglass, Old-Fashioned glass, a tall glass. The British drink whiskey from a wineglass, a sensible, generous, 8-ounce. This has advantages: It's not too big; it has a stem; you can hold it without your fingers freezing; because your warm hand is not in direct contact with the glass, the drink stays cooler longer.

This same glass can, of course, be used for wines of all kinds. If the glass is fine, use it for sherry and brandy as well. This may sound like heresy, but all you need do is fill the glass to different levels for different types of beverage. For wine only three-quarters full, for sherry half full. For spirits like brandy or fine whiskey, covering the bottom to a finger's breadth will be enough and will allow you to enjoy the liquor's aroma.

For white wines and champagne, I sometimes weaken and use a tulip-shaped glass because its form is distinguished and the bubbles in sparkling wines show up better in a taller shape.

An Old-Fashioned glass can also be used for whiskey. The same is true of a taller glass, which, if I use it at all, is mainly for long drinks.

Gadgets. Rule Number Three: Be prepared, like scouts. To handle a batch of guests at one time, you really need to stock a few bar tools. A good corkscrew is essential. A gadget useful for opening all kinds of stuck-together bottle tops, and for getting difficult corks out of their bottlenecks (not just champagne ones) is a pair of champagne pliers—another excellent French invention.

You should also have a mixing cup, with a lip, for making Martinis and other stirred drinks. Some people like a professional bar shaker, with a separate strainer. This is much easier to use than those with a built-in strainer. But I prefer to stir everything, or to whirl the drinks in a blender if I want froth.

A cutting board and a sharp knife should be handy for slicing fruit. Useful, too, are a long-handled mixing spoon and a lemon squeezer. An ice bucket is a must. Make it one large enough to handle two trays of ice at least.

The Host's Job. On the principle elucidated at the start, **Rule Number Four: Keep drink handling simple.** Straight drinks are quick, and in most cases I let my guests serve themselves after (if I'm in a good mood), perhaps, making them the first one myself. Cocktails should be made fresh, and take time. There is one exception: I, for one, believe that a Martini actually improves with age. Make a quantity up without ice. Keep this basic supply in the refrigerator. Add ice just before serving.

To help simplify things further, your bar should be ready to supply cold white wine and cold dry sherry. The wine can be drunk as is, or mixed with cassis to become a Kir. White or red wine with a splash of soda water is another light, easy first drink. A really dry sherry such as Tio Pepe or La Ina on the rocks is a favorite of mine. A Ricard or Pernod or Ouzo is just a matter of pouring one of them into a glass, adding ice and water, and sipping. And just as easy as plain wine, though infinitely more glamorous, is champagne. Vodka on the rocks could hardly be simpler to make. Vodka, gin, or rum and tonic, pink gin, gin and lime are all a cinch. Even that old standby, whiskey and soda is just as good as an apéritif as for after-dinner drinking.

Pour spirits into the container *before* putting in ice because it is difficult to measure quantities over ice. If you do use a measure, the double-ended kind is good for making sure you pour 1 ounce, or 1½ ounces, exactly.

Here let me insert a caveat. One of the things I hate having done to me is to be clobbered by a powerful drink when I am an innocent guest. So my **Rule Number Five: Serve reasonably strong drinks, not alcoholic whoppers.**

Stocking the Bar: Rule Number Six: Keep at least one bottle of any drink you know will be required. A basic list of these would include a bottle each of the following: Scotch, Bourbon, rye, blended and Canadian whiskey, vermouth (dry and sweet), gin, vodka, tequila, rum, dry red and white wines, sherry (dry and medium), brandy and liqueurs (a choice, such as Cointreau, Grand Marnier, Anisette, kirsch, etc.), cassis, bitters, tomato juice, Worcestershire sauce, Tabasco sauce—and, for special tastes, champagne, malt whiskey, Port, Campari, Punt e Mes, Dubonnet, Pernod or Ricard.

For a party, you would have to decide what you want to serve, and stock up on the ingredients for that.

One useful bar aid to keep is a sugar syrup for mixed drinks. It is easy to make and can save you a lot of time if

Continued on page 128

Fresh, as if J. L. Kraft had delivered it himself.

Fresh as a bright new morning! You get that kind of freshness every day of the year in KRAFT cheddars and colbys. With Kraft, freshness means flavor and goodness, whether this fine cheese is melted into a golden omelet, or tossed into a cool, fresh salad. KRAFT cheddars and colbys pack their fresh flavor into many shapes and forms, mild to extra sharp, in clear wrappers or the traditional wax-dipped packages. Look for the wagon symbol of freshness on the label.

KRAFT *America spells cheese KRAFT.*

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The home bar
continued from page 126

it is at hand when there is a call for a sweet drink. Just splash in a teaspoonful of sugar syrup, made by boiling 3 cups of sugar in one of water for a couple of minutes. Cooled and bottled it will keep almost forever.

Drink recipes, by the way, often call for a "dash" of something, usually of bitters. Technically speaking, a dash is one-sixth of a teaspoonful. Put bitters in the glass first, when mixing.

For teetotalers and the Bloody Mary enthusiasts, you should have tomato juice handy, bottled waters both still and sparkling, tonic and soda waters as well as fruit juices.

An ice crusher is handy as many cocktail recipes call for crushed or shaved ice. You will also need a few olives, pickled onions, plus a lemon and a lime for the peel or a section, and a sharp knife. In some cases you will also need an egg—for fluffing up a Bloody Mary, for example, or making a White Lady. And the yolk is useful in a Nashville Eggnog, or in cheese straws.

Whatever entertainment you have in mind, here is **Rule Number Seven: Expect any and all eventualities.** Remember that there is no greater compliment you can give guests than to offer them what you know they especially like.■

Supper from the stove
continued from page 122

themselves. His years of cooking experience added important insights: The roll-about butcher block in the cooking area transports heavy equipment like the 4-foot fish poacher from burners or oven to sink and counters as well as being the chopping center. He installed two Thermador warming drawers in front of the counter. "You never have enough of them—you can store plates, warm food, and they are perfect for making meringue!"

Pears and Stilton

INGREDIENTS

4 ripe pears
Lemon juice
½ pound Stilton cheese, room temperature
4 ounces unsalted butter, room temperature
Salt and pepper
8 walnut halves
Lettuce leaves or shredded lettuce for garnish (optional)

METHOD

☐ Peel, core, and halve pears. Brush with lemon juice to keep from discoloring.

☐ Blend Stilton and butter in a small bowl, mashing with a fork to a soft paste. Season with salt and pepper to taste. Pile mixture on pear half or fit a pastry bag with a star tip and pipe mixture into cavities; place walnut half on top. Arrange on lettuce leaf, or shredded lettuce, if you wish. Serves 6-8.

Risotto carnavale

INGREDIENTS

2 tablespoons olive oil
1 medium onion, diced
½ cup Italian rice
½ ounces imported dried mushrooms, soaked in ½ cup boiling water for 30 minutes
1¼ cups chicken stock
½ cup dry red wine
4 links cotechino sausages, lightly browned and cut into 1-inch pieces, or use any good, small, garlicky sausage
Salt and pepper to taste
1 tablespoon butter

METHOD

☐ Heat oil in a heavy 2-quart pan with a lid. Add onion and rice and cook over medium heat stirring, until onion is melted and rice is well coated and translucent.

☐ Squeeze soaked mushrooms dry and reserve liquid. Chop mushrooms and stir into rice and onion mixture. Put stock, wine, mushroom juice in a small pan, heat to boiling point, stir into rice and onion mixture. Bring mixture to boil. Stir once, cover pan with lid, reduce heat to very low. Cook without removing lid 15 minutes.

☐ Add sausages to pan, cover, and cook until all the liquid has been absorbed. Season with salt and pepper. Stir in butter and serve hot. Serves 6.

Chicken Marengo

INGREDIENTS

3 tablespoons oil
1 3½-pound chicken cut into serving pieces
1 medium onion, peeled and chopped
½ cup tomato purée
1 tablespoon potato flour
About 2 cups chicken or veal stock
1 cup dry white wine
1 clove garlic, crushed with 1 teaspoon salt
2 bay leaves
1 teaspoon dried thyme
Salt and pepper to taste
12 small white onions
¼ pound mushrooms
3 tomatoes
Black, pitted olives
Finely chopped parsley

METHOD

☐ Heat the oil in a heavy casserole with a cover. Add chicken and brown evenly all over. Add onion to chicken and cook 3 minutes.

☐ Stir in the tomato purée and potato flour and mix thoroughly. Gradually pour in 2 cups stock and white wine. Add the garlic, bay leaves, thyme, salt and pepper. Cover the casserole, and place in a preheated 350° oven for 15 minutes.

☐ Slip onions out of their skins. To do this easily, put them in boiling water for 2 minutes. They slip out between finger and thumb. Cook the onions in a saucepan until tender in enough reserve stock to cover, and add to the casserole.

☐ Wipe the mushrooms clean with a damp cloth and slice. Peel the tomatoes and cut into quarters. Add mushrooms and tomatoes to the casserole and cook, covered, another 30 minutes, or until the chicken is tender. Timing will depend on quality of the chicken.

☐ Just before serving, add the olives, and sprinkle the surface with parsley. Serves 6.

Vegetables and tomato sauce

INGREDIENTS

½ pound snow peas
2 large carrots
2 medium sized zucchini
1 large turnip
Salt
Tomato sauce (recipe below)
1-2 tablespoons butter

METHOD

☐ String snow peas by breaking off ends and pulling along the seam. Choose young, crisp snow peas. Scrape and trim carrots and cut into 2- to 3-inch pieces. Cut each piece, standing on end, into thin slices, then pile up slices and cut into matchsticks. Use the same method for the zucchini, but do not peel it. Cut a thin slice off top and bottom of turnip and peel. Cut vertically into thin slices, pile them up, then cut into matchsticks. Reserve all vegetables in bowls of ice water.

☐ Bring a large pot of water to a boil with a handful of salt. Cook the vegetables, one at a time, for just a few minutes each, until crisp-tender. Drain, and immediately refresh in ice water. When ready to serve heat tomato sauce in a pan; heat a serving platter; and melt butter in a skillet. Sauté vegetables quickly in butter until heated through. Pour a shallow layer of tomato sauce into serving dish and arrange vegetables on top. Serve with extra tomato sauce. Serves 6.

Tomato sauce

INGREDIENTS

2 tablespoons olive oil
1 large onion, diced
1 large can (2 pounds 2 ounces) Italian plum tomatoes with basil leaf
½ cup dry white wine
Sugar, to taste
Salt and pepper to taste

METHOD

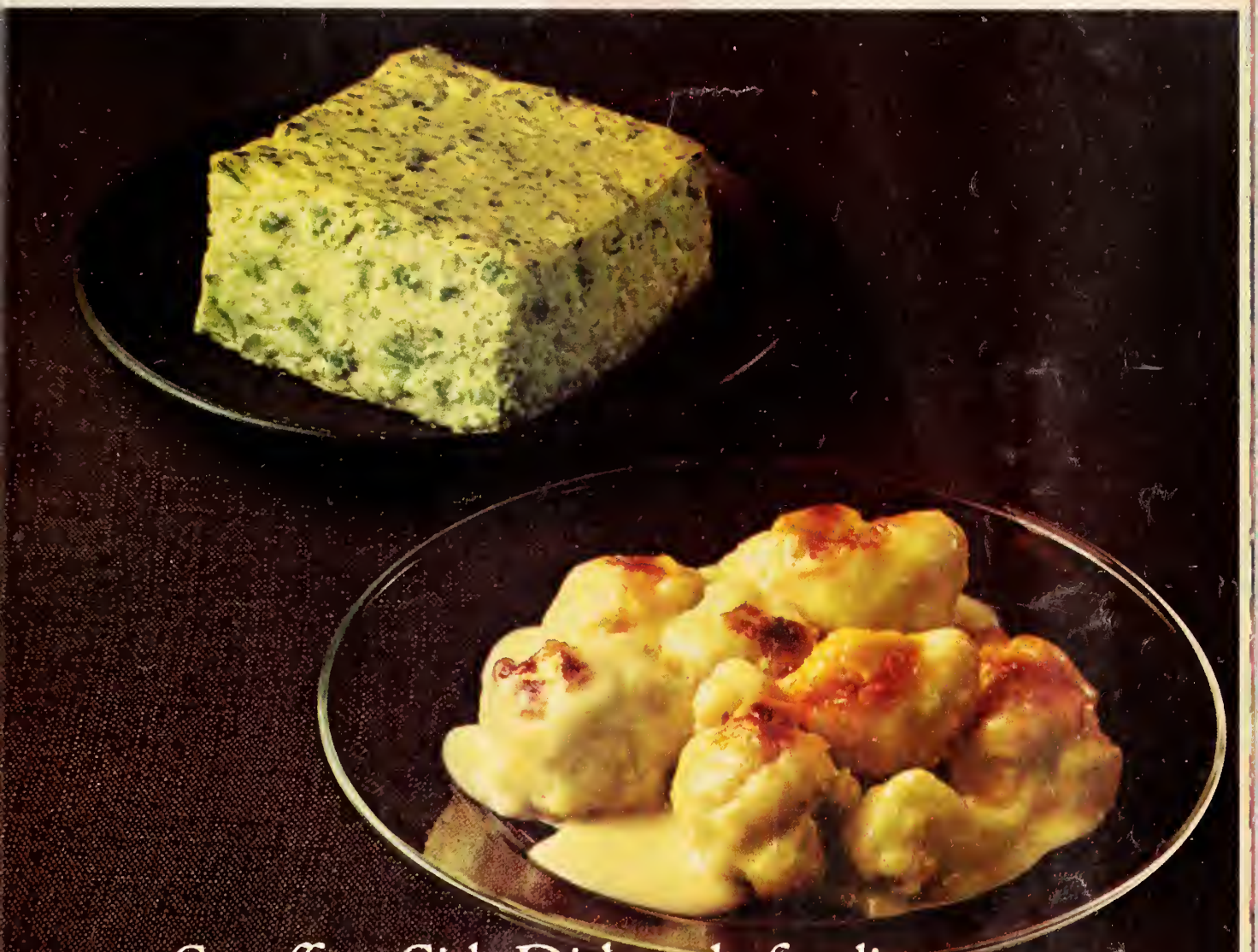
☐ Heat the oil in a heavy pan and sauté the onion until golden.

☐ Add the tomatoes and wine and cook over medium heat, uncovered, until thick, about 30 minutes, stirring mixture from time-to-time. Strain and reheat.

☐ Season to taste with sugar, salt, and pepper. Makes about 2 cups sauce.

Continued on page 130

What a cherry does for a sundae,



Stouffer's Side Dishes do for dinner.

Stouffer's Cauliflower au Gratin and Asparagus Souffle are just two of the 13 side dishes Stouffer's makes. To liven up a simple meal. Or do justice to a special one.

Out-of-the-ordinary dishes. Made with uncommon care. To be uncommonly good. That's why they're the great mealtime accessories.

Stouffer's Side Dishes.
The great mealtime accessories.

Supper from the stove
continued from page 128

Making a fool of rhubarb

INGREDIENTS

3 pounds rhubarb
1½ cups sugar
1 teaspoon ground ginger
2 envelopes unflavored gelatin
1 cup heavy cream
Strawberries
Mint sprigs
Clotted cream (optional, recipe below)

METHOD

☐ Line a 12-by-3½-by-3½-inch loaf pan with wax paper.

☐ Prepare rhubarb by removing leafy top and trim bottom. Cut it into 1-inch pieces. Mix with sugar and ginger and bake in a preheated 350° oven ½ hour or until softened. Drain and reserve juice.

☐ Soften gelatin in a small saucepan with ½ cup of the juice. Whip cream in a large bowl until soft peaks form. Dissolve softened gelatin over gentle heat and whisk into cream, chill. As soon as mixture begins to set, stir in drained rhubarb. Spoon mixture into prepared pan and refrigerate until set, about 2 hours.

☐ To unmold, turn pan upside down on platter and shake; it will fall out of pan. Remove paper and garnish with strawberries and mint sprigs. Serve with clotted cream, if desired. Serves 8.

Clotted Cream

INGREDIENTS

2 cups milk
1 cup heavy cream

METHOD

☐ Pour milk and cream into a heavy pan and place over the lowest possible heat for 5-6 hours (sometimes the gas pilot light will be enough).

☐ When the cream has surfaced, skim it off and set it aside to cool in a bowl. Refrigerate. Makes about 1¼ cups cream. Serve with rhubarb and other desserts.

Floating island

INGREDIENTS FOR ISLANDS

3 egg whites
Pinch salt
4 ounces confectioners sugar, sifted
¼ teaspoon almond extract

INGREDIENTS FOR CRÈME ANGLAISE

4 large egg yolks
2 cups milk, hot
¼ cup sugar
¼ cup Grand Marnier (optional)

INGREDIENTS FOR CARAMEL

½ cup sugar
2-3 tablespoons water, boiling

METHODS FOR ISLANDS

☐ Beat the egg whites in a large bowl until they hold soft peaks. Add salt and beat. Add sugar gradually and continue beating for 5-6 minutes. Beat in extract. Butter a 1-quart soufflé dish and dust lightly with sugar.

☐ Fill dish with meringue and stand in a roasting pan with enough hot water to come ½ way up the dish. Bake in a preheated 325° oven for 25-35 minutes. Cool upside down on a rack and unmold. (At this stage it may be frozen or refrigerated.)

METHOD FOR CRÈME ANGLAISE

☐ Beat eggs in top of a double boiler and add hot milk and sugar. Cook, stirring over hot water until the back of a wooden spoon is generously coated. On no account allow it to boil or the custard will curdle. Remove from heat and stir until cool. When cool, stir in Grand Marnier. The sauce can also be made a day ahead.

☐ When ready to serve, pour the crème Anglaise into a deep platter or wide bowl and arrange the meringue on top.

METHOD FOR CARAMEL

☐ Dissolve sugar in boiling water in a small saucepan over low heat. Raise heat and cook without stirring until dark amber. Carefully and quickly pour over islands.

☐ The dish may be refrigerated for 3-4 hours, but no longer. Serves 8. ■

Eggplants
continued from page 119

Cook-and-serve containers for the abundance of late summer gardens are white pottery eggplants from Bailey/Huebner or in a handsome, natural purple brown courtesy of Mother Nature. Christopher Idone and Sean Driscoll, the adventurous owners of Glorious Food, one of New York's top catering firms, fell in love with the eggplants at first sight and created the recipes below which taste equally good when made in pottery or natural skin. To make your own eggplant shell: Cut off the top under the green cap and reserve. Cut a thin slice off the bottom, just so the eggplant will stand up straight. Then with a long, sharp knife, cut around the inside of the eggplant leaving a ¼-inch-thick shell. Remove the central flesh and cut it into cubes. Smooth the inside by digging it out with a spoon. Sprinkle the shell inside with salt, invert, and let drain at least ½ hour. Then pat dry. Once stuffed, the shell can be baked or simply used as a serving container. Use the reserved top as a lid.

Eggplant salad

INGREDIENTS

6 medium-sized eggplants
Salt, freshly ground pepper to taste
Olive oil
5 medium-small zucchini, cut into ¼-inch cubes
1 large yellow onion, finely chopped
2 cloves garlic, minced
4 large red or green sweet peppers, peeled, and coarsely chopped (peel by roasting over an open flame until black all over. Place in a brown paper bag and seal to facilitate peeling. Peel when cool.)
2 pounds very ripe tomatoes, peeled and chopped coarsely
2 tablespoons fresh basil, minced, or use pesto
1 sprig fresh thyme, leaves removed and lightly bruised
1 stem fresh rosemary, chopped (optional)
½ cup Italian parsley, chopped
½ cup or more vinaigrette made with fresh lemon juice and good virgin olive oil

METHOD

☐ Make eggplant shells according to the method outlined in the introduction, above. Place eggplant cubes in a colander, sprinkle liberally with salt, weight down, and let drain ½ hour. Dry well on paper towels. Do the same for zucchini.

☐ Heat enough olive oil to cover the bottom of a large nonstick skillet over moderately high heat and cook eggplant cubes in batches, until tender but not brown, about 5 minutes, tossing and shaking the pan constantly. Remove cubes and drain on paper towel. Add more olive oil as necessary. Continue with the zucchini but cook for only 1-2 minutes.

☐ Place eggplant and zucchini in a large mixing bowl with the onion, garlic, and peppers. Add the tomatoes, basil, thyme, rosemary, parsley, and salt and pepper to taste. Add vinaigrette and toss vigorously. Chill a few hours. Pile mixture back into eggplant shells that have been rinsed and dried, or pack into the pottery eggplants. Serves 6, 1 per person.

Poor Man's caviar

INGREDIENTS

2 large eggplants
Olive oil
1 cup yellow onion, chopped
6 cloves garlic, finely chopped
1 large red, green, or yellow pepper, peeled and diced
¼ cup wine vinegar
Salt, freshly ground black pepper to taste

METHOD

☐ Prick eggplants with a fork as you would a piecrust shell. Then rub liberally with olive oil. Bake in a preheated 400° oven for 1 hour.

☐ Sauté onions in a heavy pan until they become opaque, add garlic and diced pepper and continue cooking until soft. Reserve.

☐ Remove and scrape pulp from skin of eggplant. Purée in a food processor with the onion mixture. Add vinegar, salt, and ground pepper to taste. Store and chill in eggplant crock overnight. Serve with dark bread or pita bread. Will keep 3 days. Makes about 2 cups.

Continued on page 132

AMANA RECOMMENDS SARAN WRAP BECAUSE IT GOES BOTH WAYS.

It's one thing for us to suggest that you use Saran Wrap** brand plastic film

in your microwave oven. But that suggestion carries more weight coming from the makers of a leading brand of microwave ovens. Amana*.

Amana recommends the use of Saran Wrap in its Radarange* microwave oven. Because it provides fast, even cooking without spattering. And because it traps in freshness and moisture so your food comes out with better taste and texture.

But Amana doesn't stop there.

Amana also recommends Saran Wrap for use in its freezers. To help keep out air, seal in moisture and seal out the flavor of other foods.

So Amana goes all the way from the freezer to the microwave oven and back again with Saran Wrap.

Seldom does a product recommendation go to such extremes.

Note: SARAN WRAP is not to be used in a conventional oven or with the browning element in microwave ovens.

*Amana and Radarange are registered trademarks of Amana Refrigeration, Inc. for microwave ovens.

**Trademark of the Dow Chemical Company.

SARAN WRAP.
RECOMMENDED BY AMANA.

Eggplants
continued from page 130

Eggplant in a crock

INGREDIENTS

Eggplant salad ingredients minus the vinaigrette
2 cloves garlic, minced
¼ cup olive oil
4-6 bay leaves
½ cup bread crumbs, finely ground, seasoned with ½ cup parsley, finely chopped, 4 tablespoons Parmesan cheese, 1 clove garlic, minced

METHOD

☐ Assemble all ingredients for eggplant salad; don't sauté eggplant and zucchini.
☐ Sauté the onions and 4 cloves garlic in the olive oil over moderate heat until wilted in a large pot. Add eggplant and cook until tender, about 10 minutes. Add zucchini, tomatoes, herbs, salt and pepper. Cover and cook over low heat ½ hour.
☐ Stuff eggplant shells or pottery crocks with the mixture, add a bay leaf to each.
☐ Mix bread crumbs with parsley, Parmesan, garlic and dust tops of eggplant mixture with it. Bake eggplants on oiled pan in preheated 400° oven 45 minutes.
☐ Place pottery eggplants in a deep pan and add enough boiling water to come ½ way up the molds. Bake in a preheated 400° oven 45 minutes. Serves 6 or more. Enough for 4 pottery crocks. ■

Cooking chez Guérard
continued from page 85

MENU FOR 8

Scrambled eggs with caviar
Fresh foie gras with pepper
Freshwater crawfish
Bass in casserole with seaweed
Leek tart
Chicken roast with parsley
Black truffle salad
Bordeaux St. Julien Gruaux La Rose '73

Apple Charlotte,
6 hot apple tarts, Velvet pear tart,
Lemon meringue pie,
Strawberries in puff pastry,
Brioche, Fruits
Champagne Guérard

Leek tart

INGREDIENTS

1 tablespoon butter
8½ ounces very lean salt pork, blanched, and dried on paper towels cut into ¼-inch pieces, or lean bacon
8½ ounces small mushrooms, cut into ¼-inch pieces
6 leeks, well washed and sliced thinly
2 whole eggs
2 egg yolks
1 cup milk
1 cup light cream
Salt, pepper
Nutmeg, freshly grated
Unsweetened pastry for 9-inch tart

METHOD

☐ Heat butter in a skillet over low heat, add salt pork or bacon, and cook very slowly until rendered of fat and crisp. Remove and reserve meat and drain on paper towel. Pour off all but 2 tablespoons fat from the pan.
☐ Add mushrooms and leeks. Continue to cook, covered, over low heat 15 minutes until mixture is very soft and thick.
☐ Put eggs and yolks in a bowl and beat lightly. Add milk, cream, salt and pepper to taste, and a few gratings of nutmeg. Mix well and stir in leek mixture.
☐ Line tart pan with the dough, cover with wax paper, and weight down with beans to prevent inflating. Bake in a preheated 400° oven 15 minutes or until brown. Remove beans and paper for last 5 minutes of baking.
☐ When shell is cooked, fill with leek custard. Place back in a 300° oven and bake 1 hour. Serve piping hot. Serves 6-8.

Apple Charlotte

INGREDIENTS

5-6 thin slices homemade bread
⅓ cup butter
Generous 2 pounds tart apples
Generous ½ cup granulated sugar
1 vanilla bean
Zest of 1 lemon
Apricot purée (recipe below) or vanilla sauce (Crème Anglaise)
Confectioners sugar

Continued on page 134

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The best cold water detergent you can buy.

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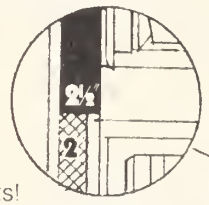
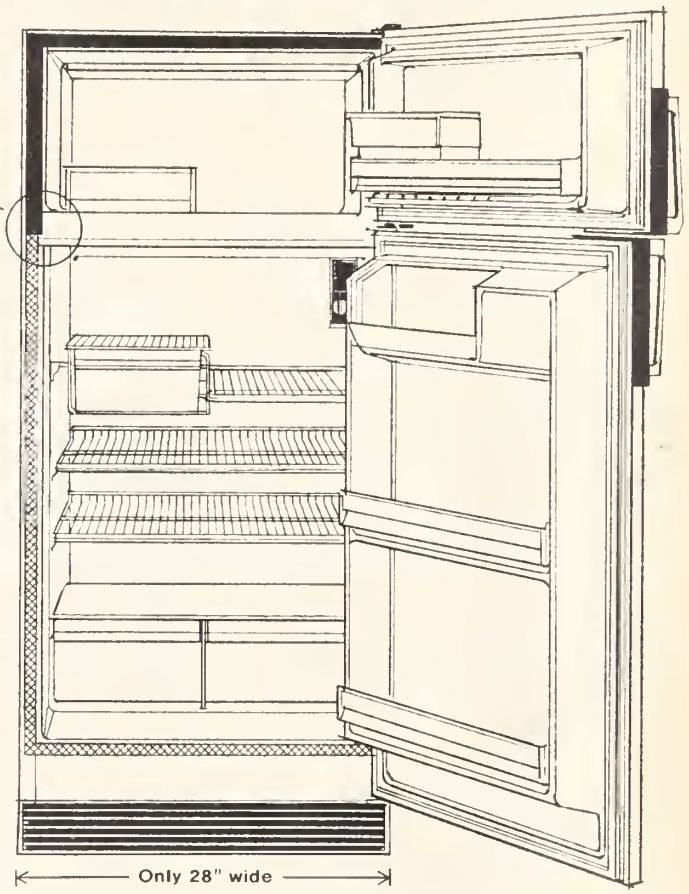
Amana 2 PLUS 2½ = ENERGY SAVING REFRIGERATORS

It makes sense to buy an Energy Saving Refrigerator today that you can afford to operate tomorrow.

The cost of electric service is expected to increase at a rapid rate... so you can expect to pay much more in the future than you're paying today. Unless you do something to reduce the amount of electricity you use.

The Amana 2 PLUS 2½ Refrigerator can save as much as the original price of the refrigerator, over the next 15 years!





And that's based on today's energy costs! Savings will go up as energy costs go up.

For example, the Amana ESR-14B (which requires occasional manual defrosting of the freezer section only) uses 51 KWH of electricity per month with Energy Saver Control set on "LO." Other refrigerators of similar size and type use from 80 to 109 KWH per month. This represents a savings of 29 to 58 KWH per month (based on the June 1977 AHAM Directory).

In New York City, where millions and millions of people pay very high electric rates of 10.37¢ per KWH, the Amana ESR-14B will save from $36 to $72 per year – that's $540 to $1080 over 15 years – the average useful life of a refrigerator.

Here's why the Amana 2 PLUS 2½ uses less electricity!

Amana locks out heat with thick insulation. Heat leaking into the refrigerator and freezer sections costs you money. Because the refrigerator has to "run" quite often to keep the temperatures you select!

Read how Amana 2 PLUS 2½ Insulation pays off!

When the room temperature is 80°F, it is 80° warmer than the 0°F freezer section. 2½" of foam wall insulation (about ¾" more than typical models) minimizes the leakage of 80° room temperature into the freezer section so effectively that the compressor runs less often while still maintaining the 0° freezer temperature.

The refrigerator at 38°F is only 42° colder than room temperature, so less insulation is required. Regardless, Amana uses 2" foam wall insulation – about ¼" more than typical models.

The 2" plus 2½" of foam wall insulation adds up to worthwhile savings, because the refrigerator doesn't have to "run" as often as conventionally insulated models.

Amana engineered-in other proven energy savers!

- Seamless, one-piece Insuliner™ to further reduce heat leakage.
- A combination of superior foam and fiberglass door insulation.
- Magna-Seal™ door gaskets to *seal* heat out and cold in.
- **3-Position Energy Saver Control**

  Adjusts your refrigerator to the humidity in your home. Under most conditions, you would set the Energy Saver Control on "LO" position – which shuts it completely off to provide maximum savings. "HI" is for high humidity, and uses less electricity than "EX.HI" which is for extremely hot, steamy conditions.

AMANA ESR-14B
14.1 cu ft.

Energy Saving... Plus Proven Features!

Amana 2 PLUS 2½ Refrigerators are available in several models – in 12, 14 and 16 cubic foot sizes. And with the kind of features you've come to expect from Amana. Two Free-O'-Frost models include the Amana "Refrigerator-within-a-refrigerator" meat keeper that keeps meat fresh longer than ordinary meat pans, and adjustable cantilever shelves that you can easily arrange to meet changing storage needs. These models are available with an optional automatic ice maker you can add now or later, at extra cost. Point is – you can save significant amounts of energy – without giving up the luxury and convenience features you like most.

AMANA 2 PLUS 2½ Energy Saving Refrigerator with freezer-on-the-bottom
AMANA ESBFC-16B
16.3 cu. ft.

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Cooking chez Guérard
continued from page 132

METHOD

☐ Trim crusts and butter 1 side of bread. Toast the buttered side in the oven or on a griddle. Cut the slices into rectangles 3 by 1⅛ inches.

☐ Line a buttered 3-cup mold with the bread slices, overlapping them slightly, with toasted sides against the mold. Warm the mold to 450° by putting in the oven while it preheats.

☐ Meanwhile, peel and core apples and cut into pieces. Place in a saucepan and add the sugar and vanilla bean. Add the lemon zest if the apples are not tart enough. Cook covered, over low heat just until apples are soft, about 15-20 minutes, being careful not to burn the bottom of the mixture.

☐ Fill the prepared mold with the cooked apples. Bake in a preheated 450° oven for 10 minutes, then lower heat to 425° for another 15 minutes.

☐ Chill, unmold, and top the Charlotte with apricot purée or vanilla sauce. Sprinkle confectioners sugar over all. Serves 6-8.

Apricot purée sauce

INGREDIENTS

12 ripe fresh apricots, rinsed, halved, and pitted, or 1 16-ounce can unsweetened apricot halves, drained
½ cup water
1 vanilla bean
3 tablespoons granulated sugar or to taste

METHOD

☐ Simmer all the ingredients together in a heavy saucepan for 10-15 minutes, or until mixture is reduced by about ⅓, to make a moderately thick "marmalade."

☐ Remove vanilla bean, purée the apricots in an electric blender, and store the sauce, covered, in the refrigerator until cold.

Apricot purée sauce from Michel Guérard's Cuisine Minceur. *English translation copyright © 1976 by William Morrow.*

Strawberries in puff pastry

INGREDIENTS FOR FILLING

13 ounces puff pastry, homemade, frozen, or roll out 1½ 10-ounce boxes Pepperidge Farm patty shells
1 cup heavy cream
Scant 1 tablespoon kirsch
1-2 cups pastry cream (Use a classic recipe like Julia Child's from Mastering the Art of French Cooking, Vol. I)
Scant 4 cups strawberries

INGREDIENTS FOR STRAWBERRY PURÉE

3½ ounces syrup : 4⅓ cups water, 5¼ cups sugar
½ cup strawberries

METHOD FOR FILLING

☐ Roll out pastry dough on a lightly floured cool surface to a rectangle 11¼ by 4½ inches. Transfer to a baking sheet and bake in a preheated 425° oven 10-12 minutes; lower heat to 400° and bake 8 minutes more until it is nut brown and fully puffed. Cool.

☐ Cut the pastry in half horizontally with a sharp knife.

☐ Beat heavy cream in a chilled bowl just until it holds a soft shape. Fold in the kirsch.

☐ Spread the lower half of the pastry with the whipped cream. Spread pastry cream on the upper half. Put the two halves together. Arrange the strawberries in rows on top of the pastry cream. Glaze them by brushing with a bit of the strawberry purée. Serves 6-8.

METHOD FOR STRAWBERRY PURÉE

☐ Bring water and sugar to a boil; boil for 5 minutes, cool. Purée strawberries through a food mill into a bowl and combine with 3½ ounces syrup. (Keep remainder in a glass jar in refrigerator.) ■

Preserving in minutes
continued from page 121

Year-round fresh tomato relish

From Rozalind Namacher

INGREDIENTS

1 tablespoon prepared mustard
1 tablespoon brown sugar, packed
2 teaspoons white vinegar
½ teaspoon seasoned salt
2 cups tomato, finely chopped
½ cup celery, finely chopped
½ cup green pepper, finely chopped
¼ cup green onion, finely chopped

METHOD

☐ Stir together mustard, brown sugar, vinegar, and salt in a 1½-quart casserole. Cook for 1 minute.

☐ Add tomato, celery, green pepper, and onion. Cook uncovered for 2 minutes. Stir well and refrigerate at least 1 hour before serving to let flavors blend. Store in refrigerator. Makes about 3 cups.

Fresh peach jam

From Rozalind Namacher

INGREDIENTS

4 cups peaches, peeled, pitted, and finely chopped
2 tablespoons lemon juice
1 box (1¾ ounces) powdered fruit pectin
5½ cups sugar

METHOD

☐ Place peaches, lemon juice, and pectin in a 3-quart casserole. Stir well and cover. Cook 8-10 minutes, or until mixture reaches a full, rolling boil. Stir.

☐ Add sugar to boiling mixture, stirring well. Cook uncovered 7-9 minutes, stirring after 4 minutes, until mixture reaches a full, rolling boil. Let boil 1 more minute.

☐ Skim off foam and stir jam about 5 minutes before ladling into prepared glasses. Seal. Makes about 7 cups.

Cherry preserves

From Ball Consumer Products

INGREDIENTS

3 cups red cherries, pitted
2 teaspoons lemon juice
1 cup water
¼ cup powdered fruit pectin
3 cups sugar
½ teaspoon almond extract

METHOD

☐ Combine cherries, lemon juice, water, and pectin in a 3-quart covered glass bowl. Cover and bring to a boil.

☐ Remove from oven and add the sugar and almond extract. Stir and return to oven.

☐ Cover and bring preserves to a boil again. Stir and cook uncovered 3 minutes or until preserves sheet from a spoon.

☐ Skim foam from preserves and pour into hot jars, leaving ¼-inch head space. Adjust caps. Process 10 minutes in water-bath canner. Makes about 3 8-ounce jars.

Strawberry jam

From Ball Consumer Products

INGREDIENTS

4 cups strawberries, washed and crushed
¾ cup powdered fruit pectin
3 cups sugar
1 tablespoon lemon juice
½ teaspoon ground coriander

METHOD

☐ Combine strawberries and pectin in a 3-quart glass bowl. Cover and bring to a boil.

☐ Remove from oven and stir. Return to oven and cook 3 minutes.

☐ Add sugar, lemon juice, and coriander and stir well. Cook uncovered 2 minutes or until jam sheets from a spoon.

☐ Skim foam from jam and pour into hot jars, leaving ¼-inch head space. Adjust caps. Process 10 minutes in water-bath canner. Makes about 4 8-ounce jars.

Lemon zested strawberry and blueberry preserves

From Abby Mandel. "An almost uncooked preserve which retains the wonderful freshness of the fruit."

INGREDIENTS

Zest of 2 lemons, grated
5½ cups sugar
4 cups strawberries, hulled, sliced
1 cup blueberries
5 tablespoons fresh lemon juice
1 bottle fruit pectin (8 tablespoons)

METHOD

☐ Mix lemon zest with ¼ cup of the sugar in a bowl. Add the sliced strawberries and 3¾ cups sugar, mix well, and let stand 10 minutes.

☐ Meanwhile, mix blueberries and 1½ cups sugar in a microwave dish. Cook 3 minutes. Mix together 3 tablespoons each lemon juice and pectin, then combine with hot blueberries, stirring occasionally for 3 minutes so pectin does not lump. Skim if necessary.

☐ Mix 2 tablespoons lemon juice and 5 tablespoons pectin together and combine with strawberries. Mix occasionally for 3 minutes, then combine strawberries with prepared blueberries. Pour preserves into prepared airtight jars or containers. Allow to stand at room temperature about 24 hours. Store in refrigerator up to 3 weeks or freeze for longer storage. Makes 6 cups.

Cantaloupe chutney

From Abby Mandel

INGREDIENTS

1 clove garlic, peeled and minced
1 large onion, peeled and minced
1 large apple, peeled, cored, and coarsely chopped
2 medium cantaloupes, diced into ½-inch pieces
½ cup golden raisins
2 teaspoons red chili powder
1 tablespoon mustard seed
½ teaspoon dry mustard
½ teaspoon ginger
½ teaspoon ground cloves
1 teaspoon salt
¾ cup dark brown sugar, firmly packed
½ cup cider vinegar
1 tablespoon lemon juice

METHOD

☐ Put garlic, onion, and apple in a large 2-quart microwave dish. Add cantaloupe.

☐ Whisk remaining ingredients together in a bowl, combine with fruits. Cook uncovered 25 minutes, stirring twice during the cooking. Ladle into sterilized jars or freeze in airtight containers. Makes 4 cups. ■

Dinner takes center stage
continued from page 124

Endive and caviar hors d'oeuvre

INGREDIENTS

2 large heads fresh endive
4 ounces cream cheese, room temperature
1 tablespoon butter
⅓ teaspoon lemon juice
4 drops Tabasco
Red caviar

METHOD

☐ Trim endive, separate leaves.

☐ Mix cream cheese, butter, lemon juice, and Tabasco together in a bowl.

☐ Pipe mixture onto each endive leaf. Garnish top with several eggs of caviar. Serves 6.

Cheese beignets

INGREDIENTS

4 tablespoons (½ stick) butter, cut in small pieces
¾ cup water
¾ cup flour
3 large eggs (not extra large or jumbo)
1 teaspoon salt
2 teaspoons prepared mustard, preferably Dijon-type
½ teaspoon dry mustard
½ cup Switzerland cheese, preferably Gruyère, coarsely grated
½ cup imported Parmesan cheese, grated
Vegetable oil or shortening

METHOD

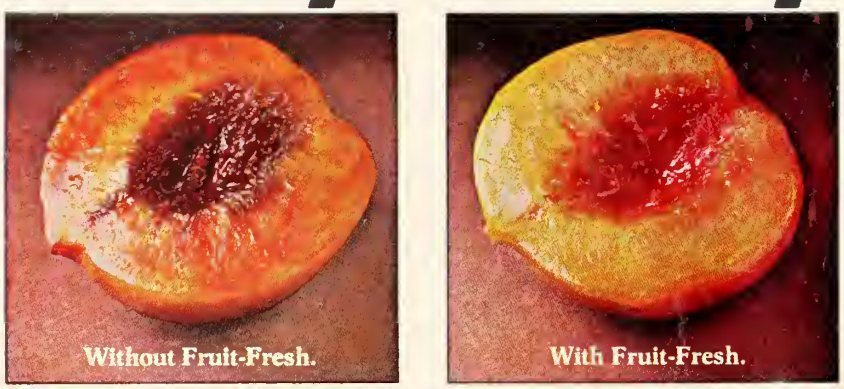
☐ Combine the butter and water in a 1-2-quart enamel or stainless steel saucepan. Bring the water to a turbulent boil over high heat, stirring constantly until the butter is completely melted.

☐ Remove the pan from the heat and immediately dump in the ¾ cup flour *all at once*. Stir vigorously with a large wooden spoon until the flour is absorbed and the mixture comes away from the sides of the pan in a dense mass.

☐ Make a small well in the center of the paste with the spoon and drop in the first egg. Stir vigorously. The mixture will spread into moist ribbons, then come together solidly again. Add the second egg and beat as before, and then finally the

Continued on next page

Yukky. Yummy.



Peaches preserved in ordinary canning syrup for 12 hours.

Fruit-Fresh.® You need it for canning, freezing, and fresh fruit.

If you want all the fruit you serve to look and taste its freshest, what you really need is Fruit-Fresh. Because Fruit-Fresh contains a special ingredient that locks in the natural, "just-picked" color and flavor. Which means no more brown, mushy-looking peaches.

Fruit-Fresh is economical, too. A 5-oz. can will preserve up to 75 lbs. of peaches. Here's how: For Canning: simply add Fruit-Fresh to the regular syrup. For Freezing: add Fruit-Fresh to the syrup or dry sugar. For Fresh Fruit: sprinkle Fruit-Fresh on your just-sliced fruit before refrigerating. Sound good? It tastes delicious.

Keeps fruit looking and tasting fresher.

Free Offer: For free Fruit-Fresh dessert recipe booklet, send self-addressed stamped envelope to: Fruit-Fresh Recipe Offer, Beecham Products, Dept. FF78, Box 1467, Pittsburgh, Pa. 15230.

third egg, continuing to beat until the paste is shiny, smooth, and thick. Beat in the salt, mustards, Switzerland cheese, and ½ the Parmesan cheese.

☐ Heat at least 3 inches of oil or fat in a deep fryer until it reaches 375° on a deep-frying thermometer. Do not let it boil. Drop the paste, a heaping teaspoonful at a time, into the pan, pushing it off the spoon with another spoon or with the tip of your finger.

☐ Fry 6 or 8 beignets at a time until they are brown on all sides and turn over by themselves, about 2 minutes. Don't undercook them or the centers will be gummy. As the beignets finish cooking, transfer them to a pan lined with paper towels and keep warm in the oven. Sprinkle with reserved Parmesan cheese before serving. Makes 100.

Ham and kidney pie

INGREDIENTS

1 ham steak, about 1 pound
1 pound veal kidneys
¼ pound mushrooms, quartered and chopped
1 medium onion, chopped
Madeira
Flour
2 cups veal or chicken stock
Heavy cream
Pâte brisée (unsweetened pastry dough with 2 cups flour)

METHOD

☐ Trim ham and cube. Wash, trim, and cube veal kidneys. Reserve fat.

☐ Render ham steak and veal kidney fat by cooking in a heavy skillet over low heat for 10 minutes. Quickly sauté kidneys until blood seeps by a droplet. Remove kidneys from pan and reserve. Sauté mushrooms in rendered fat, set aside. Sauté the onion in the same pan, set aside, then sauté the cubed ham, set aside, and sear the kidneys last.

☐ Deglaze pan with Madeira. Sprinkle 2 tablespoons flour in pan and stir. Add stock and stir well, picking up brown bits. Pour into 2-quart casserole, add kidney and ham mixture, Madeira, and heavy cream to fill the casserole and mix well.

☐ Cover casserole with pâte brisée and bake at 325° until crust is done. Serves 6.

Stuffed veal roast

INGREDIENTS FOR MEAT

½ 2-ounce can anchovies in oil, or to taste
4 cloves garlic
7 tablespoons butter, room temperature
2 tablespoons lemon zest
4 tablespoons mixed parsley, tarragon, minced (if dried, use less)
Black pepper, freshly ground
4 medium onions, sliced
10-12 carrots, sliced
2 tablespoons olive oil
5-pound roast of veal from the shoulder
Cooking oil
1 cup veal or chicken stock
Vegetables Chinoise (recipe below)

INGREDIENTS FOR SAUCE

½ cup Madeira
2 cups veal or beef stock
Butter

METHOD FOR MEAT

☐ Mince anchovies and garlic and beat in butter by the tablespoon in a food processor or in a small bowl with a wooden spoon. When blended, add lemon zest, herbs, and pepper (do not add salt, as anchovies themselves are very salty.) Refrigerate until firm.

☐ Brown onions and carrots in 2 tablespoons olive oil, adding more if necessary, in a heavy skillet until softened slightly. Remove from pan, set aside.

☐ Trim meat and spread out. With a sharp knife pointing straight downward, cut 4 long slits in the meat. Stuff meat with the anchovy and herb filling and tie it into a loaf shape.

☐ Heat a few tablespoons cooking oil in a heavy skillet and brown meat on all sides to seal in juices. Remove and place vegetables in bottom of roasting pan and put meat on top. Roast in preheated 375° oven for 1½ hours or to an internal temperature of 175° for well-done meat. Baste with stock as needed. Season to taste. When cooked, transfer meat to a serving platter and keep warm. Garnish with the vegetables Chinoise. Serves 10-12.

METHOD FOR SAUCE

☐ Strain liquid in roasting pan into a saucepan. Discard vegetables. Deglaze roasting pan with Madeira, simmer a few minutes, and add with the stock to the saucepan. Simmer until hot and strain into a sauceboat. Swirl in a pat of butter if desired. Makes 2 cups sauce.

☐ The veal roast is also excellent cold. Serve with tarragon mayonnaise. Recipe adapted from Simone Beck.

Vegetables Chinoise

INGREDIENTS

¼ pound carrots, cut in 1½-inch lengths
¼ pound leeks, cut in quarters and sliced into strips almost to the base of each piece to create a fan or feather
¼ pound Chinese pea pods
Soy sauce
Pepper and salt

METHOD

☐ Blanch vegetables 1-2 minutes each in boiling, salted water. Drain well and refresh under cold running water. Drain again.

☐ Sauté in butter in a large skillet until tender-crisp. Sprinkle with soy sauce, season to taste with pepper and very little salt. Arrange vegetables around meat on platter and serve immediately.

Butter walnut cookies

INGREDIENTS

½ pound sweet butter, softened
½ cup sugar
1 cup walnuts, finely ground
1 teaspoon vanilla
2 cups flour

METHOD

☐ Cream together butter and sugar in a bowl. Stir in nuts and vanilla.

☐ Add flour; blend well to mix thoroughly, and form mixture into ¾-inch diameter balls. Place on greased cookie sheet and flatten, using the bottom of a glass tumbler covered with a damp cloth to prevent dough sticking, to form a cookie about 1½ inches in diameter.

☐ Bake in a preheated 350° oven for 15-20 minutes, or until cookies are just lightly brown around the edges. Makes 75.

Pear ice

INGREDIENTS

4 cups water
1⅓ cups sugar
4 pears, peeled, cored, poached just to soften, about ½ hour, in water, sugar, lemon juice, ½ teaspoon vanilla
½ cup pear brandy

METHOD

☐ Bring sugar and water to a boil and keep at the boil for 5 minutes. Cool to room temperature.

☐ Purée poached pears, place in a bowl, add pear brandy and 3 ounces cooled syrup. (Keep rest of syrup in glass jar in refrigerator for other uses.) Place pear mixture in a 1½-quart mold or foil container and freeze.

☐ When almost frozen, place in food processor with steel blade and purée. Place back in mold and refreeze. Dip mold briefly in warm water to unmold. Makes about 1½ quarts.

Dione Lucas's lemon Bavarois

INGREDIENTS FOR SPONGE CAKE

4 eggs
¾ cup sugar
¾ cup flour
Pinch salt
1 teaspoon vanilla

INGREDIENTS FOR BAVARIAN CREAM

6 egg yolks
9 tablespoons superfine sugar
Tiny pinch salt
2 tablespoons gelatin, softened in ¼ cup water
1½ cups light cream
Grated zest of 3 lemons
1 cup fresh lemon juice
6 egg whites
1 cup heavy cream, whipped

INGREDIENTS FOR LEMON CURD FILLING

3 eggs, well beaten
16 tablespoons sweet butter (½ pound), cut into small pieces

cup granulated sugar
Grated zest and juice of 2 lemons
Pinch salt

INGREDIENTS FOR GARNISH
Zest and skinned sections of 1 lime
Zest and skinned sections of 1 lemon

METHOD FOR SPONGE CAKE

☐ Beat eggs and sugar until lemon color. Fold in flour and salt, add vanilla. Pour into well-greased jelly roll pan lined with buttered wax paper to overhang each edge. Bake at 350° 15 minutes.

☐ Turn out on a sugared towel immediately. Peel off paper, trim crusts if any, and, using the towel to help you, roll the cake lengthwise into a long roll. (Don't roll towel into cake!) At this point the cake may be wrapped and frozen or refrigerated a day or two until needed.

METHOD FOR BAVARIAN CREAM

☐ Beat the egg yolks, sugar, and salt in a bowl with an electric mixer until very light and fluffy. Reduce the speed and add the gelatin. Bring the light cream to a boil over low heat, then slowly pour it into the egg yolk mixture, beating it all the time. Transfer the mixture into a saucepan and stir over low heat until it coats the back of a metal spoon.

☐ Off heat, stir in the lemon zest and juice. Cover the saucepan with foil and set it in the refrigerator to cool a little.

☐ Beat the egg whites to soft peaks and fold them smoothly into the cooled custard, using a rubber scraper. Then fold in the whipped cream. Pour the mixture into a large shallow glass serving bowl and leave it in the refrigerator at least 2 hours, preferably longer, to set.

METHOD FOR LEMON CURD FILLING

☐ In the top of a double boiler, over hot water, combine the beaten eggs, the butter, granulated sugar, lemon juice and zest, and salt. Stir the mixture and cook over medium heat until it thickly coats the back of a wooden spoon.

☐ Pour this lemon curd into a shallow dish or layer pan and set it in the freezer for at least 30 minutes. Then remove it, work it over with a spatula until it is smooth, and spread on unrolled sponge cake. Roll up cake, wrap in foil, and set in freezer until ready to use.

METHOD FOR FINAL ASSEMBLY

☐ Cut the lemon curd sponge roll into ¼-inch slices and set them in rows around the top of the Bavarian cream starting at the outside edge. The roll will probably cover the top, but it doesn't matter if the center is open.

☐ Mr. White simply garnishes his Bavarois with lime slices and scatters strips of lime and lemon zest across the top of the finished dish. You can also pipe on whipped cream that has been sweetened with confectioners sugar and flavored with kirsch.

☐ You can arrange a flower in the center, using skinned lemon and lime sections alternately for the petals and the orange peel for the stem. Can be chilled for an hour or two. Serves 10. ■

Meal in minutes
continued from page 118

☐ Combine remaining ingredients to make marinade. Baste fish well on both sides.

☐ Place fish in an oiled hinged grill (allows easy turning during cooking) about 3 inches from gray coals. Or place on oiled piece of foil and grill under a broiler 4 inches from heat. Turn once and baste if cooking fish in oven; turn twice if cooking on a grill. Grill for 30 minutes, or 10 minutes per pound. The fish will have a milky color and be flaky when done. Brush with olive oil before serving. Serves 4.

Peaches in Muscat wine

INGREDIENTS
4 peaches or nectarines
4 tablespoons sugar, or to taste
1 cup Muscat, a light sweet wine—for example, a Provençal Muscat de Beaumes de Venise or a California Muscat de Frontignan by Beaulieu
Dash lemon juice

METHOD

☐ Peel and slice peaches, sprinkle with sugar, place in wine or champagne glasses. Add cold sweet Muscat and just a dash of lemon juice. Serves 4. ■

Dinner at the Mondales
continued from page 87

bits and pieces of paper containing his favorites: several versions of fettucine, one bearing his name with an Italian accent—Mōn dāl é—some meatballs in tomato sauce, ravioli, plus a number for wild game.

Mondale also does a fair share of barbecuing on the spacious lawns of the Vice President's House. It's his relaxation when he is in town "away from the phones and the office," and at a hideaway in the Shenandoah, called Camp Hoover. Mondale says "It's better than Camp David (the Presidential retreat in Maryland), because it's farther away, quiet, and peaceful."

Speaking of Camp Hoover reminded the Vice President to go over the grocery list with one of the stewards for the food the Mondales would take with them that weekend. The Vice President is the cook in the family.

He kidded with them about the afternoon his fish fry caught fire on the grill. When he looked around for help, he said, "all of you were over on the other side of the lawn."

A telephone call interrupted his bantering. It was the Secretary of State, Cyrus Vance, saying he and his wife, Grace, would not be able to stay for dinner that evening but would be by for cocktails.

There was some quick shuffling of chairs upstairs at two of the three round tables which had replaced the 5-by-11¼-foot mahogany table donated by the previous Vice President, Nelson Rockefeller.

The stewards had been preparing for the dinner since 9 A.M., while Sherley Koteen, a special assistant for projects in the Vice President's office, was seeing to the table arrangements, the flowers throughout the house, the last-minute purchase of fresh fruits and salad ingredients. It is she who, with Mrs. Mondale and Chief Rodriguez, plans the menus for the dozens of functions that take place every month, some of which are spur-of-the-moment events. The day the first of the Panama Canal treaties was passed by the Senate, the Vice President decided at 4 o'clock to have an impromptu little get-together at 6:30. There were 80 guests!

There was no official home for the Vice President until 1974, when the residence of the Chief of Naval Operations, known as Admiral's House, was designated as such. The high Victorian mansion, built in 1891, is informal. The kitchen is the core. It is where members of the family spend a lot of time. The house, white with black shutters, looks enormous, partly because of its wide sweeping south-side porch, its turrets, and towers. But it is really the setting, one of the finest in town, atop Observatory Hill, far above the elegant tree-lined Massachusetts Avenue, which makes the house seem so much larger than it is. Sunlight streaming in through the floor-to-ceiling windows also gives a feeling of spaciousness, but the rooms for entertaining are not particularly large as official Washington goes. The dining room can accommodate no more than 40.

The natural colors inside the house—off-white walls, ivory curtains, creamy carpets with brown borders on dark wood floors—are a perfect background for art. The present collection by American artists, drawn from twenty-two Southwest museums, was selected by Joan Mondale with the help of Harry Parker and Robert Murdock of The Dallas Museum of Fine Arts. It will be hung through April, 1979, when a new exhibit will be installed.

The food served at the Vice President's house is a blend of many cultures. The Cabinet members were served the small, delicate Philippine egg rolls, called lumpia, with the cocktails. The first course was a classic French cream of mushroom soup. The crabmeat-stuffed rockfish fillets were surrounded by baked cherry tomatoes and lemon slices. The wild rice from the Mondales' home state of Minnesota was garnished by green beans in carrot rings. The rolls, served with the cheese and salad, were made by one of the stewards, Emilio Edora. The cheese assortment included Brie Suprême, an Italian Pinna Ricotta, and a fine American cheese, Maytag Blue from Newton, Iowa. The wines were American: Château Montelena Chardonnay

Continued on the next page

Dinner at the Mondales
continued from preceding page

'75 with dinner and Almadén champagne for toasting and dessert.

By the time the Vice President had paid his afternoon visit to the kitchen, everything that could be readied, with the exception of the place cards, was. The cards, prepared by a calligrapher in the Vice President's office, along with the seating chart, always arrive very late in the afternoon because there are usually last-minute changes on guest lists in Washington.

Activity in the kitchen picked up around 6:30. Rodriguez has a time schedule which begins when the guests are scheduled to arrive. By 7:30 the first guests arrived. As they sipped their drinks and nibbled on the lumpia, the soup was being warmed. It would be served at 8:15, and the fish at 8:40. The dessert was followed, as at all official and semiofficial Washington dinners, with toasts, coffee, and liqueurs in the living room. By 11 o'clock, the guests had left. It's a rare Washington midweek party that goes on later than that.

When the Vice President came down to the kitchen for his orange juice and coffee at 6:30 the next morning, everything, including his recipe file, was back in place. ■

Declaration for independents
continued from page 99

2 A.M., skip dinner altogether if I want, go skiing on an hour's notice. When you are married and living with somebody there's a routine that you're stuck in," she adds.

The active widow

Busy, independent women like Ms. Greer have no time to feel alone, but for other single women, who have been through divorce or the death of a partner and have not had the support of a job to give them a sense of fulfillment and identity, loneliness can be a hazard. Lynn Caine wrote *Widow* to help her through a crisis when her husband died of cancer after 14 years of marriage. And she found an exciting new career. Recently she published her second book *Lifelines* all about "learning to live alone without being lonely." Aside from writing, she gives workshops, seminars, and lectures across the country to single women. With two teen-age children, Jon, 16, and Buffy, 12, it takes some organization and will power to do all this traveling. "I try not to make trips that keep me away from home overnight. Recently, I took Buffy with me on a three-day engagement in California." While writing gives her creative satisfaction, it's the public speaking that really enriches her life, she says. "A lot of people still believe in the values that I was brought up to believe in—that women should be married and part of a couple. Today, I'm telling such women that it is not unfeminine to be ambitious or to achieve." Lynn Caine belongs to the same generation as actress Liv Ullmann, who agreed in her autobiography *Changing*: "The woman is made to feel guilty if she wants or needs to work and let others look after her child. I have stopped accepting invitations where women are only seen as an appendage of a man and I am nothing because I am single. There are women who would certainly be happier if they lived alone, but they have the feeling that they must own somebody and through this show they have value."

Both Lynn and Liv are thoughtful mothers of daughters who will most likely not inherit any reticence about achievement. And this in turn may lead them to their own singlehood. For many men, the success of a woman partner is too much to cope with. They fear the element of competitiveness. "It takes a strong man—or a gigolo—to appreciate a strong woman," admitted Rex Hearn, a once-married literary agent and communications man, now in his fourth year of bachelorhood.

The divorced father

Today because of a strong effort to establish Father's Rights, custody of a child in divorce is no longer automatically awarded to the mother. Minneapolis businessman John Hutchens is one father who won out. He enjoys caring for his 13-year-old son, though the boy complains his father resembles Felix in TV's *The Odd Couple*. "I'm old maidish, always going around picking up things," says Hutchens, who finds living in a two-bedroom apartment tough after 21 years in a spacious house. The father and son enjoy cooking, shopping, and cleaning together. "But cooking's the hardest. All the recipes are for larger numbers than two and we're always swamped with leftovers."

Father of two daughters, Porter Bibb fought for custody of his children but lost. "I was very prepared to take charge and raise them and I think a lot of men are, now. In the end I realized it would break their mother's heart and I didn't want to do that." He now sees the girls for vacations. Since the divorce, 12 years ago, his former wife has happily remarried, but he has remained alone. "I've had plenty of opportunities to become unsingle, but haven't done it, so I'll probably end up a single." Being an incredibly active publisher, he keeps a penthouse studio as a base ("small so I can look after it myself and could be out of here tomorrow"), where the furniture chosen by decorator friend Liza Lerner is comfortable but minimal. "Not even a television set here. I have two in the office and a Betamax so I don't feel the need. To some extent singles like Porter Bibb, involved in the major expense of educating children privately, do have to trade possessions for freedom. This can be tough for some, but for Bibb it's no sacrifice. "I don't make a big deal out of my living. I never liked the materialistic aspect of marriage, the social need to acquire things. But education certainly costs a heck of a lot more than it did. By the year 2000, it's been estimated four years of college will cost $80,000." Still he accepts this responsibility happily and contents himself with the fact that singledom gives him the chance to enjoy the "most important cultural revolution in the 20th century—what's happened to women. The really fantastic thing I've found about being 40 is that I am challenged, then stimulated and excited by women of any age. I'm just as thrilled to meet a 50-year-old woman as a 20-year-old, if she's exciting and interesting and alive and full of vitality. I'm definitely a women's libber and I want my daughters to be totally independent whether they're married or single.

Bibb reflects the Spartan lifestyle of some single parents. But other single men without such financial burdens as his show that they can easily defy the stereotype idea that it's a woman who makes a home a home. Enterprising realtor Martin Greenberg, whose house is shown on page 78, revels in his space and the privacy of life. "When I divorced seven years ago, I determined I wasn't going to spend time with anybody I didn't want to be with anymore. And I've found that this is most people." With his own boat, he can set sail for lone cruises that give him the contact with nature and the feeling of freedom he needs. Totally self-sustaining, he took time to plan and furnish the house. "I like a cleared out look." His teen-age daughter has her own room and comes to visit for weekends and vacations. When the winter forces him to abandon sailing from his back door, he takes off for the mountains to ski. If it sounds exhilarating, life is not all a bed of roses. When a child is divided between two households, there are inevitable tensions. And for a man like Greenberg, who admits that he's basically pro-marriage, and commitment and sharing, there are guilt feelings about a family split. Fortunately psychiatric researchers like Armand Nicholi at Harvard give him reassurance about his situation. The divorced father who is *there* participating in the child's life, says Nicholi, can be doing a better job than a father who's actually at home but too wrapped up in his job or profession to give the children very much of time or attention.

One of the newest TV commercials shows an attractive blonde phoning a man and asking him over for drinks. (She is advertising sherry.) It comes as a jolt between the customary scenes of housewives boosting cleaners, representing conventional pairdom. The social message, though, is clear. It seems that as we grow into a new age of self-expres-

Continued on page 140

Will your new bathroom fixtures be beautifully matched--or mis-matched? Sears will help you get the job done right.

We've made an art of The Co-ordinated Bathroom.

Because we've seen to it that our bathroom fixtures and accessories go together or blend together beautifully.

Sears has a fantastic selection of some of the finest fixtures we think you'll find anywhere for the money. From high fashion vanities with built-in storage drawers—to acrylic fiber glass bathtubs—to water-saving toilets. With styling you'll take pride in and with the durability you expect from Sears products.

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Sears even has co-ordinated wallcoverings, toweling and shower curtains.

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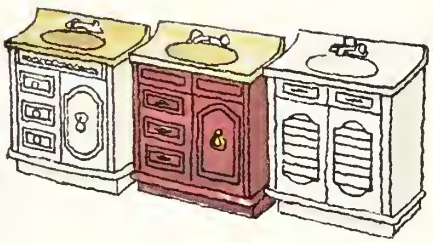

of fixtures to go in it. We'll even help you choose all the co-ordinating accessories. And Sears Planning Service puts you

under no obligation at all. There's one more way we won't let you go wrong. We'll take on any or all of the installation job, by arranging for professional Sears Authorized Installers to do what's needed. And you can buy both the materials and labor on Sears Modernizing Credit Plan.

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The service described in this advertisement is readily available in the greater Atlanta area, Athens, Gainesville and Rome, Ga.; in the greater Milwaukee area including Racine, Kenosha, Burlington and West Bend, Wisc.; and in these California counties: San Diego, San Bernardino, Imperial and Riverside.

You can trust your house to

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MS READ-a-thon– a simple way to start youngsters reading.

The MS READ-a-thon is a nationwide reading program for boys and girls 6 to 14. That alone is a commendable project, yet it has another purpose, too: to raise money to help find a cure for multiple sclerosis.

How does it work? Young people who register are called "Mystery Sleuths" – enrolled in the search to solve the mystery of MS. Mystery Sleuths read books for their own pleasure. At the same time they ask relatives and friends to give them a donation – ten cents, a quarter, a dollar or more – for every book they read, which provides funding for MS research and patient services.

To date, over 4 million children have participated. More than 11 million books have been read, which has produced over 11 million dollars for the MS cause. The youngsters themselves get two important rewards – the enjoyment of reading, and the satisfaction that comes from helping others.

Originated and developed by the National Multiple Sclerosis Society, the MS READ-a-thon is supervised by local MS chapters in conjunction with local schools. It has the support of the U.S. Office of Education and the International Reading Association who consider the program to have unusual educational and social value.

If you're a parent or educator and would like to help, you can start an MS READ-a-thon for youngsters in your area. Just call your school or local MS chapter, or call toll-free (800) 243-6000.

Kids can help, too!

National Multiple Sclerosis Society, 205 East 42nd St., N.Y., N.Y. 10017

The E.P.T.™ In-Home Early Pregnancy Test is a private little revolution any woman can easily buy at her drugstore.

It is highly accurate. Millions of women today in 13 European countries use this testing method. Now its high accuracy rate has been verified here in America by doctors who clinically confirmed the results of tests performed by women themselves in their own homes.

That means you can confidently do this easy pregnancy test yourself — privately — right at home without waiting for appointments or delays. That simple difference is the result of many years of costly research. And it's worth every penny.

At last, early knowledge of pregnancy belongs easily and accurately to us all. It's simple. Fast. And there is no risk, no physical danger whatever, in doing it because a sample of your first morning urine is all that's needed for the test.

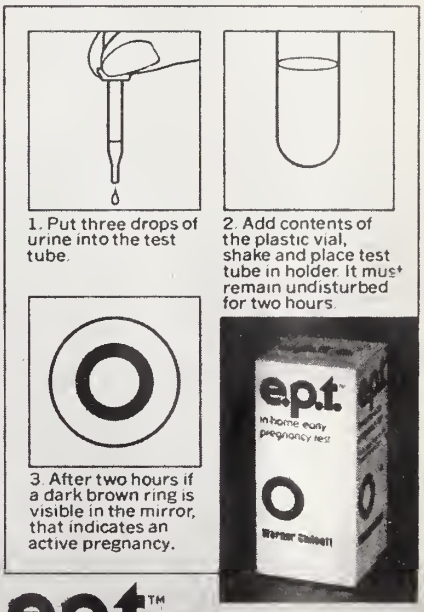
As soon as you become pregnant, your body starts to produce a special hormone — HCG. Starting on the 9th day after the date you expected your menstrual period to begin, there should be sufficient concentration of HCG in your urine to give an accurate reading of pregnancy. And that's all there is to it. Follow the test directions with care, and three drops of urine can tell you quickly and easily what you want to know.

If you get a positive reading, you can assume you are pregnant. Such positive pregnancy readings in our clinical tests proved to be 97% accurate. If your reading is negative, your overdue period should begin soon. If a week passes and you still have not started menstruating, you should take a second E.P.T. test because there may not have been sufficient HCG in your urine at the time of the first test, or you may have miscalculated your period. Negative readings on a first test are about 80% accurate; on repeat testing one week later they are 91% accurate. If your second test result is still negative and your period has not begun, we urge you to consult your doctor as soon as possible.

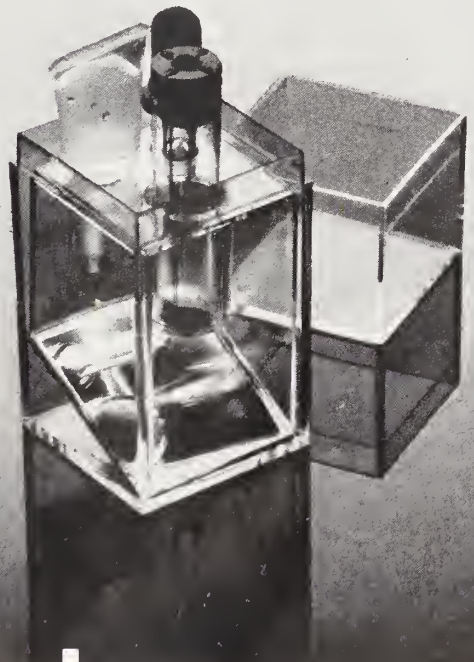
E.P.T. is very simple to do, but it is important that you follow the instructions carefully to insure an accurate reading.

E.P.T. Early Pregnancy Test gives women a new power, the power of time to help control the quality of their pregnancies.

The first 60 days are critical in fetal development. Improper nutrition, cigarettes, alcohol, even commonly used household medications can be harmful in these crucial first 60 days before most women even know for sure that they are pregnant. Now with E.P.T. you can know. Now, when you call your doctor, you have the results of your test to report. And time is on your side at last.



e.p.t.™ in-home early pregnancy test



At last, an accurate early pregnancy test that women can do at home quickly, safely and very easily.

Declaration for independents
continued from page 138

sion, singledom is going to be an evermore-popular way of life. "No one will sacrifice his honor for love," says Ibsen's Helmer in *A Doll's House*. "Millions of women have," his wife Nora replies. Love may continue to provoke many women to give up a profession for a continuing relationship and that is well and good. Others, like Liv Ullmann, hope "that two people can grow together side by side without one having to be crushed so that the other may stay strong." If that absolutely ideal balance turns out to be as rare as flamingos in Alaska, living alone is now a perfectly acceptable social alternative, with its own network of manners and customs, habits and expressions. It can be a very satisfying and fulfilling way to live.

Quick tips *continued from page 99*

carpentry, washing your own hair, doing the laundry. If you can make more money in the same time from your professional talents, it pays you to hire help.

10. NEVER SKIP MEALS or threaten your health with poor quality eating. Don't neglect vitamin supplements if your doctor recommends them for you. Proper nutrition saves on medical and dental bills.

11. BEAT LONELINESS by venturing away from the TV set. Go to church, volunteer, join a group of people with a mutual interest. The next step is easier. Ask one to join you for coffee. Don't expect people to *discover* how wonderful you are. Take steps to let them know.

12. LEARN BY DOING. There's a text or crafts book that will help you master any project. Read up on techniques, then practice your skills.

13. KEEP AN EVEN TEMPER with a properly balanced day. Doctors recommend 7 essentials: 1. Being with people. 2. Playing—anything from a game of bridge to doing a crossword puzzle. 3. Having quiet moments for reflecting or daydreaming. 4. Improving your mind, reading, going to a lecture or movie or museum show. 5. Doing something creative, not necessarily arts and crafts. Could be writing a letter. 6. Helping others, listening to a problem, donating something to a good cause. 7. Physical exercise.

14. TAKE YOURSELF ON A DATE at home when you're alone. Cook something for yourself that you love, put on some music—and dance!

15. CHECK YOUR EMOTIONAL WELL-BEING by looking around your home. Are linens folded neatly, things in their place? They'll tell you whether you're together. ■

CORRECTION

The photography of the house on page 100, June, House & Garden should have been credited to Norman McGrath.

Body furniture
continued from page 109

Bennett facetiously suggests "we could have figure casts made, then analyze the various body dimensions." While this is too impractical, there are means of achieving at least a degree of custom comfort. Many of the ergonomic office chairs come in a family of sizes and shapes. Thus it is possible to "try on" a chair the way you would a good pair of shoes. Most of us do test furniture when shopping, but like that pair of shoes that feels good in the store but rubs blisters its first day out, the 90-second sit test is often deceiving. And let's face it, as with shoes, we tend to choose chairs chiefly for their looks.

WHAT BODY FURNITURE CAN WE BUY?

As of yet, there are no real solutions. The seating that comes closest to satisfying ergonomic criteria may not be the kind of furniture you'd love to live with. Most of the healthiest designs have been developed for office workers or hospital patients. There are some people, though, who because of a back problem, or simply a penchant for the unexpected in design, have chosen office chairs or hospital furnishings for their personal surroundings. Fred Bookhardt, an architect in New York City, has secretarial chairs in the dining area of his loft. He likes them because they are comfortable for long periods of time, they tilt back so he can put his feet up, and they roll around on casters. He can swiftly glide from his extensive record collection to his turntable and back to the table without ever getting up. "I'm the type of person who simply lives around the dining table," he explains. Bookhardt's office chairs are smoothly rounded oak-framed designs from Knoll International upholstered in violet-colored velour. Other office furniture companies have developed seating with ergonomics in mind, too. The "Vertebrae" chair, designed by the former Curator of Design at the Museum of Modern Art, Emilio Ambasz, with a colleague in Italy, Giancarlo Piretti, is extremely comfortable because it tilts and slides as you move in different sitting positions. There are several versions including one with rubber bellowed arms that make it somewhat novel looking. In the right context, "Vertebrae" could be right at home. It is distributed by Krueger Metal Products.

A British orthopedist, Dr. Bernard C. Watkin, designed a chair called "Spine Design," distributed in the U.S. by Arenson International, which has recently been made available with a sled base and a matching ottoman for use in the home. Its foam contours are considered to be medically supportive of the spine. John Cangelosi, president of Arenson, reports that many people who order the chair for their offices return to buy another for their house or apartment. Rocking chairs are soothing to some people who suffer from low back pain because they allow you to find your most comfortable position, or what is called "pitch." Recliners, too, have been recommended by doctors for the flexibility they allow in shifting pressures from one area of the body to another.

A brand-new product that may well replace the insides of seating and mattresses alike has just been developed by an industrial design firm, Robert Zeidman Associates in Greenwich, Conn. The new padding is a network of plastic levers, configured according to mathematic calculations governing pressure distribution, which takes the place of box springs. Its advantage is that it equalizes body pressure when compressed, so it conforms to the shape of your body, while still giving it firm support. The product, called "Prequal," was first conceived as an answer for hospital patients confined to bed, but now is being tested in everything from mattresses to shoes to football helmets. Several leading mattress companies are testing "Prequal" now—some have gone on record as saying it will "revolutionize" the bedding business. Chair companies like Thonet International, a division of Simmons Co., also see great potential for "Prequal" in seating.

Ordinary hospital beds are favored by some people for use at home, if not for their back support, for their ability to be raised and lowered at the head and foot. Robert Denning, of the interior design firm Denning and Fourcade, sleeps in an electric one. The machinery and the mattress are "housed" in an extraordinary Victorian antique bed frame which was specially adapted for the purpose. The hospital bed was a gift from a client, he says," who believes in comfort."

Generally, bedding has played an important role in health. Dr. Charles Heck, executive director of the American Academy of Orthopedic Surgeons advises a healthy person to choose a mattress merely by what feels comfortable to him or her. People with back problems are usually advised by their physicians to choose a firm mattress with a bed board for extra support, but according to Dr. Heck, a bed board is only beneficial underneath a well-made mattress that is in good condition.

Richard Erle, a long-time sufferer of back pain, found a bed board unsatisfactory. By chance, he happened upon a bed made in Switzerland while on vacation one year, which turned out to be the cure for his nighttime misery. Instead of box springs, the bed has a foam mattress atop a series of nine-ply laminated wood slats, secured by rubber discs, which allow the frame to gently conform to the body. Erle became so enamored with the sleeping surface that he ordered one to be shipped to his home in the United States. He later took on the U.S. distributorship for these Lattoflex products, and has been selling them to fellow back

sufferers ever since. The line includes not only standard-size beds, but daybeds, sofas, sofabeds, and even a bed that folds in a cabinet.

Perhaps other areas of the home will soon come under closer scrutiny of the ergonomics designers. A Swedish specialist, Erik Berglund, has conducted thorough investigations of tables, to discover optimum dimensions for avoiding such things as bruised knees and torn stockings. In this country, studies have been made of the bathroom and the kitchen, to determine the most efficient way to organize and lay out these highly functional spaces. But the fact remains that we put up with a lot of discomfort in the name of style. And we always have. Some chairs, including many fine antiques, seem to actually defy sitting. What the growth of ergonomics may mean is that in future, homefurnishings will provide a finer sensitivity to physical needs as well as visual ones. It will take a consciousness raising on our part, too—to know what to look for in design. But style and comfort, and certainly good health, need never be traded one for the other—not if the ergonomics bandwagon keeps rolling along. ■

SHOPPING INFORMATION

PRICES APPROXIMATE
State and local taxes additional.
***Consult your interior designer or department store decorating service.**

COVER

Cotton fabrics: Slipcovers: "Thalia." **Curtains:** "Broumaire." Both, 53" wide. 36" repeat. **Pillows:** "Candy Stripe": 48" wide. 12" repeat. All from Woodson Wallpapers*, NYC 10022.

Cocktail table: 38" sq. x 16" h. Bisque plastic laminate finish. $355. **Rattan tray tables:** 22" x 19" x 22½" h. Removable tray tops. Folding bases. Natural finish. $175. Both at Lord & Taylor, NYC 10018.

"Templeborder" cotton durrie rug: 6' x 9'. $69. At Conran's, NYC 10022.

Painting over mantel: Untitled oil on canvas: 44" x 50". By Tom Stokes, 1976. $2,000. **Painting near doors:** Untitled acrylic on canvas: 5" by 12". By Calvert Coggeshall, 1977. $2,000. Both at Betty Parsons Gallery, NYC 10019.

Porcelains on mantel: Meissen cabbage tureens: 7" d. x 5½" h., c.1780. $2,400 a pr. Longton Hall covered melons: 4½" d. x 5" h., c.1750. $7,500 a pr. **On cocktail table:** Faïence asparagus tureen with tray (not shown): 9" x 6" x 5" h. $525. Chelsea dish: 8" d., c.1760. $375. **On tray table:** Chelsea lettuce box: 5½" x 4½", $1,800. At Frederick P. Victoria & Son, NYC 10022.

Antique baskets holding peonies: American covered willow basket: 12" x 15½" x 11" h. $70. **Holding potpourri:** Betel nut basket: 8½" x 4¼" x 5" h. $60. **Field Flower Bouquet Potpourri:** 3 oz., $8.50 ppd. **On tray table:** Majolica ceramic plate: 8¼" d. c. 1800. $20. All at Cherchez!, 864 Lexington Ave., NYC 10021.

COUNTRY COTTAGE

Pages 88-89, Living room

Upholstered love seat: 70" x 38" x 31" h. $605 COM. **Upholstered armless chair:** 29" x 38" x 31" h. $297 COM. Both by Directional.

"Riviera" blinds. By Levolor. **"Heartflower" variation American appliqué quilt (on wall):** c.1890. **Pennsylvania woven striped rag rug:** c.1895. Both at America Hurrah Antiques, NYC 10021.

Striped pine mantel: c.1800. One of a kind. $400-$600. At Vito Giallo Antiques, NYC 10021.

Quilt remnant pillows: 14"-22" sq. $25-$30. At The Museum Shop, The Museum of American Folk Art, NYC 10019.

Page 91, Dining room

"Barn Raising/Log Cabin" variegated cotton appliqué quilt (on wall): c.1885. At America Hurrah Antiques, NYC 10021.

"Canghley" pottery: $28 per 5-pc. setting. By Stangl. At Tiffany, NYC 10022.

Page 91, Bedroom

"Log Cabin" cotton quilt (on bed). Woven Striped rag rug. Both at Kelter-Malcé, NYC 10014.

Pieced cotton calico quilt (on wall): At America Hurrah Antiques, NYC 10021. **"Riviera" blinds:** By Levolor.

Curtain fabric: "Pembroke" linen: 45" wide. About $10.50 a yd. By Moygashel-Hamilton Adams.

Pages 92-93, Kitchen

Kitchen design and installations: Florence Perchuk, SVP Kitchen & Bath Designs, NYC 10022.

Floors: White ceramic mosaic tile. 2" sq. By American Olean Tile.

Cabinets, surfaces: "Corian" by DuPont.

"Riviera" blinds: By Levolor.

Industrial lighting domes: Porcelain-finished metal. At City Knickerbocker, NYC 10036.

Chair pad fabric: "Williamsburg Check" linen and cotton: 48" wide. About $33 a yd. From Schumacher*, NYC 10022.

ONE-ROOM APARTMENT

Pages 94-97

"Rice" sisal matting: About $6.50 a sq. yd. From Karl Mann*, NYC 10022.

Fabric on bed, pillows, banquette cushions: "Linen" 18 oz. canvas. 35" wide. $4.50 a yd. At Jensen-Lewis, NYC 10011.

Fabric on arm chairs: "Natural Linen." 54" wide. About $12 a yd. **"Coarse Madagascar Cloth"** straw cloth. 48" wide. About $16 a yd. Both from Hinson*, NYC 10022.

Restaurant table bases and laminated top: 36" x 29½" h. From L & B Products*, Bronx, N.Y. 10469.

Laminated cube table: 30" sq. x 16" h. $150. Custom made by Wood for Good, Middle Village, N.Y. 11379.

Erecta zinc-coated steel wire shelving: Uprights, 18" x 72". $16 ea. Shelves, 18" x 36". $16 ea. By Metropolitan Wire. At Manhattan Ad Hoc Housewares, NYC 10021.

Bedding: "Three Lines" cotton and polyester sheets: Queen flat, $110. Queen fitted, $68. Pillowcase, $36. **Queen size wool blanket:** $180. All at Pratesi, NYC 10021.

Art: "Eight Foot Trylon" acrylic on wood column: 8' h. 1977. **"Pale Yellow and Blue Horizontal"** acrylic: 40" x 60". 1977. Both by Ilya Bolotowsky. **"An American Collage":** 16" x 20". 1976. By Angelo Ippolito. All at Borgenicht Gallery, NYC 10021.

BODY FURNITURE

Page 108

"Contemporary Reclina-Rocker": 35" x 36½" x 37½" h. Fully upholstered. Adjustable pillowed back. 3-position footrest. Rolled arms. Side pockets. About $249. By La-Z-Boy.

Page 109

Top

"Stephens" swivel armchair: 23½" x 23¼" x 30⅛" h. Foam-cushioned molded plastic shell laminated with curved oak or walnut veneer edging, covered with fabric, leather, vinyl, or COM. Metal pedestal base on casters. About $400. From Knoll International*, NYC 10022.

Center

"Vertebra Operational" plastic chair with optional upholstery: 19⅛" x 17½" x 28½-31" h. 16½"-19" seat height. Epoxy-finish pedestal or disc base. Arm rests, casters, glides optional. About $320. By Emilio Ambasz and Giancarlo Piretti for Krueger*, NYC 10022.

HOUSE OF YOUR IDEAS

pages 100-107

For further information on the house, see page 142.

Pages 100-101, living room

Flip-top table: 72" x 20" x 30½" h.

Upholstered sofa: 91" x 36" x 30" h.

Upholstered banquette: 87" x 35" x 30" h.

Upholstered club chairs: 32" x 35" x 26" h.

Upholstered armless chairs: 26½" x 34" x 30" h.

Ottoman: 26" sq. x 17" h.

"Brazilia" natural white fur rugs: 8'3" x 11'6".

Swing-arm brass finish wall lamps.

Tent-shade pharmacy lamp: Distressed brass finish.

All by Ethan Allen. At Ethan Allen Galleries.

Printed upholstery fabric: "Danish Wildflowers" cotton. 54" wide. 11" repeat. Scotchgard finish. About $9 a yd. By Waverly. At Ethan Allen Galleries.

"Garden II" acrylic on canvas: 69" x 115". By Ed Baynard, 1977. At Alexander F. Milliken Inc., NYC 10012.

Octagonal Moorish table with mother of pearl inlay: 21¼" x 20½" h. $900. From Mario Buatta*, NYC 10021.

Red lacquered melon-shaped box: 12½" x 5½". $650. **Black and gold lacquered backgammon board:** 16¾" x 16½". $375. **Stacking Japanese tray tables:** 10-14" sq., 7" h. Set of 4, $875. All at Joseph Rondina Antiques, NYC 10021.

English bleached wood rocking horse: 31" x 9" x 26" h. **Spode porcelain platter.** Both, 19th c. From John Rosselli Antiques*, NYC 10021.

Cast iron andirons: 17½" x 8½". 17th century American. $1,500. **Antique tongs and shovel:** Each, 36" long. $650 a pr. Both at Edwin Jackson, NYC 10021.

Handwoven striped rag rug (on ottoman): At Alison Webb Designs, NYC 10028.

Page 102, living area

Glass-topped cocktail table: 40" sq. x 18" h. By Ethan Allen. **Blue and white china, baskets, and brass-finish accessories:** All at Ethan Allen Galleries, unless otherwise noted.

Footed circular straw basket with hexagonal base (holding lilies): 16" x 7½" h. **Glazed Chinese tripod footed bowls:** 7½" d. **Blue and white porcelain platters.** All from John Rosselli Antiques*, NYC 10021.

Straw and wood baby chair: From the island of Orkney. $450. **Wooden duck boxes:** Black and gold painted. $250 a pr. **Hand-carved wood pumpkin:** 14" x 13½" h. Blue and white painted. $1,200. All from Mario Buatta*, NYC 10021.

Floral ceramic dish: 12½" d. $350. From

Continued on page 175

BUILDING **DATA**

Materials and equipment for the house on pages 100 to 107

One way to get a built-to-order house faster than the time individual home building often takes is the "package" house. This is a house "shell" whose major structural parts are factory fabricated, trucked to the site as a "package" and assembled in a matter of days. A local builder completes the house.

This is the method by which the "House of Your Ideas" on pages 100-107 was built. It is the "Greenfield" model manufactured by Scholz Homes, Inc., 3103 Executive Pkway, Toledo, Ohio 43606. It was designed by Robert H. Wahl of the company, built by contractors Alvah B. Kellogg & Sons, Wilton, Conn., landscaped by Youngs Nurseries (plantings in front of house) and Frank Mattera (lawns, driveway, walkways, stone walls). The Scholz "package" consists of standard wood-frame construction: (1) *Exterior walls*—wall panels with sills, studs, plates, and wood sheathing. Also the exterior wood trim. (2) *Roofs*—the wood beams, rafters, and wood sheathing. (3) *Windows*—wood double-hung windows with insulating glass and frame installed in wall panels at the factory. Also wood shutters. (4) *Doors*—wood-frame sliding glass doors with insulating glass. Exterior and interior wood doors hung on frames with hardware attached. Electronic-control garage door. (5) *Kitchen and bathroom wood cabinets.* (6) *Kitchen appliances.*

In addition to the "package," there are optional materials and equipment available from Scholz Homes.

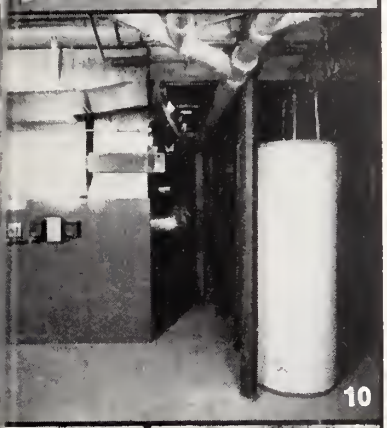
The builders who can put up and offer this house for sale are Scholz Homes franchise dealer representatives. They build the house foundations, the masonry chimney; they supply and install the insulation, heating and air conditioning, plumbing and plumbing fixtures, wiring and electrical work, lighting fixtures, interior wall-board and paneling, flooring, painting, and finishes. As we go to press twelve Scholz franchise builders are erecting this "Greenfield" model in various cities at prices from $135,000 and up, not including land. They are: Audrain Construction, Borger, Tex.; Crow-Schuster Co., Englewood, Colo.; Chambers Corp., Fort St. Lucie, Fla.; Kenwood Corp., Charleston, S. C.; Countryside Development, Shelby, N. C.; Robert Negrelli, builder, Chagrin Falls, Ohio; Shroyer Builders, Troy, Ohio; Dean Homes, Vincennes, Ind.; Rick Thompson and Sons, Princeton, Ill.; Maryland Line, Parkston, Md.; P.T.L. Builders, Yorktown, Va.; and Alvah B. Kellogg, Wilton, Conn., builder of model house shown on pages 100-105. These houses will be open to the public.

What makes this house work well?

The new materials and equipment in the "Greenfield" model reduce maintenance, conserve energy, make it a more convenient, comfortable, and easier house to run. Here are some of the major products:

1. Paneled front door is steel with a wood thermal barrier and polyurethane core insulation. A magnetic gasket forms a weatherstrip for door and a steel security plate reinforces the jamb. Therma-Tru door by Lake Shore Industries, Inc. Hardware by Weiser Co. Yellow paint, Janovic/Plaza.

2. Exterior wall siding has clapboard look but is solid white polyvinyl chloride that won't rot, need paint, corrode, blister. "Smooth Double 4-inch" width in 12½-foot-long panels. Bird & Son.



TOM YEE

In walls and roofs, Fiberglas batt insulation by Owens-Corning Fiberglas.

3. Asphalt roofing shingles in dark Ebony-wood, have double thickness with random edges, fire resistant ceramic granules. These "Architect 70" shingles strips are 3 feet long, 12 inches wide, Bird & Son, Inc.

4. Greenhouse window in kitchen is a complete pre-assembled unit with bronze finish aluminum frame, glass panes that include side vents for air circulation. Alenco Division, Redman Building Products. **Rear Wall** of house has panels of "Texture 1-11" cedar plywood siding in grooved, vertical pattern stained gray. Georgia-Pacific.

5. Sliding glass doors, with frame and sash, are sheathed in white vinyl, never need painting. Double-pane insulating glass keeps the heat indoors in winter, outside in summer. Andersen Perma-Shield Gliding Windows.

6. Wood floors in living-dining-kitchen and halls are "Jamestown Plank" solid oak in 3-, 5-, and 7-inch-wide boards of random lengths, prefinished Rustic Brown and laid diagonally. Bruce Hardwood Floors.

7. Two skylights of acrylic plastic illuminate the 27-foot-high entrance stair hall. Naturalite, Inc. Noguchi lantern at George Kovacs.

8. Fireplace, in parents' sitting room, has a concealed "Heatilator," a factory-made metal fireplace form with chimney, air ducts, and grills to circulate heat from hearth into the room. Heatilator Fireplace.

9. Wall paneling in crafts room is "Barnplank" plywood with a Ponderosa Pine face veneer in Weathered Gray finish. Georgia-Pacific. Other interior walls and ceilings—"Sheetrock" gypsum board by U.S. Gypsum. Paint, "Tru-Test" by Cotter. **Interior doors,** in traditional six-panel design, are faced in hardboard by Masonite. **White ceramic tile** on floor is "Tuscany Cloud," 4¼-inch square. It is also the floor tile for the studio, and girl's bathroom. American Olean Tile.

10. Heating and cooling system, designed for energy conservation by Enco-Trane, circulates warm or cool air through the ductwork winter and summer. Zoned, so upper and lower floor temperature can be controlled separately, the system has an electronic air cleaner, automatic humidification of air. Trane Co. Thermostats by Honeywell. Installation by Environmental Air Conditioning Co.

Hot-water heater, electric, has 80-gallon tank. A. O. Smith Corp.

11. Counter lavatory in girl's bathroom is enameled cast iron in Cocoa with chrome faucets. "Carousel" fixture, and other lavatories, by Eljer Plumbingware. **Counter cabinet** is oak painted white with ceramic knob hardware. Wilson Cabinet Co., Port Clinton, Ohio.

12. Soaking tub in master bathroom is reinforced fiberglass in Natural color. Recessed unit is 4-foot square with circular tub 32⅛ inches deep. Eljer Plumbingware. Installation has Jacuzzi whirlpool adjustable jets for hydromassage bathing. "Crystalline" and "Bright" glazed ceramic tile. American Olean Tile.

13. Electric wall ovens include 30-inch-wide oven with baking, broiling, preheating, self-cleaning controls, and microwave oven with automatic Mealtimer, Meal Minder, and Meal Sensor controls turn ovens off automatically. Whirlpool.

14. Convertible cooktop, in kitchen counter, has two plug-in white glass-ceramic electric elements. One lifts to insert a broiler grill. Center vents raise to take out cooking fumes, Jenn-Air.

15. Undercounter dishwasher has automatic washing and rinsing cycles, energy saving features, sound absorbing insulation, easy-to-load racks. Whirlpool Corp. **Undercounter trash masher** automatically compacts refuse (cans, papers, trash) into a small, removable bag. It is steel with a rust resistant finish, is easily cleaned, and includes an air freshener. Whirlpool Corp. **Wood cabinets** by Wilson Cabinet Co. **White countertops** by Formica Corp. "Hi-Low" Denim Blue kitchen sink, "Ultima" fittings, all by Eljer.

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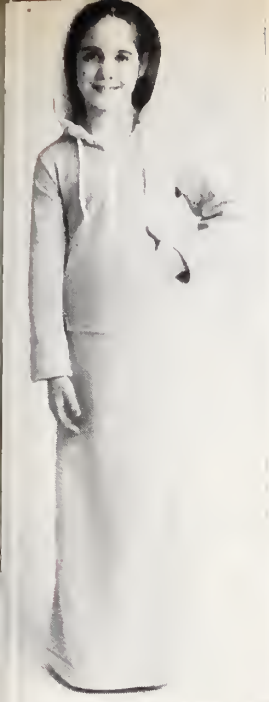

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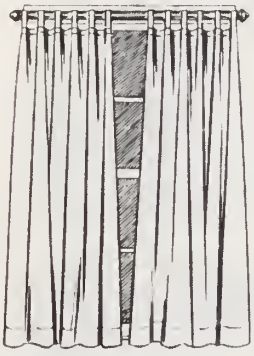

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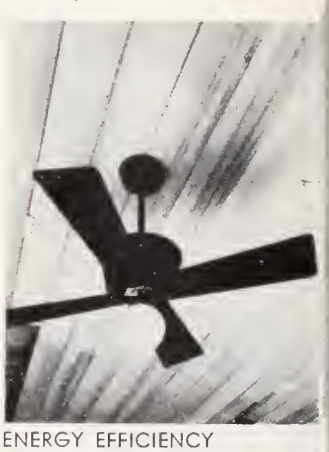

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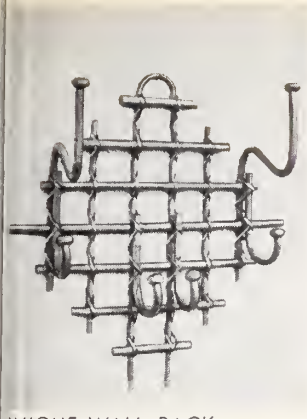

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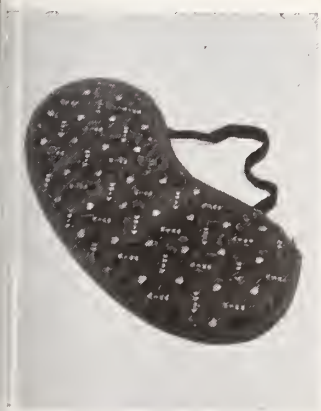

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Perma Tweez® is a simple electrolysis instrument that PERMANENTLY removes undesirable hair from all areas of the face—such as the chin, upper lip, eyebrows. Embarrassing body hair can now be removed forever at home in total privacy. Arms and legs can be forever free of the inconvenience of constant hair removal. **An exclusive U.S. patented safety feature allows you to do this without puncturing the skin.**

AN EXPERT'S APPROVAL

Perma Tweez has been clinically tested by a university professor of dermatology and proven to be safe and effective. One of his patients had previously been tweezing hairs from her chin every day for 15 years. After treating herself with Perma Tweez, she has eliminated this time consuming chore for the rest of her life! Over 15 thousand instruments in use by doctors—over one million sold to people like yourself.

Easy instructions make you expert in a few minutes. Save hundreds of dollars on salon electrolysis by doing it yourself.

14 DAY MONEY BACK GUARANTEE

$16.95—*Advertised Elsewhere At $19.95*

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A LIMITED WARRANTY TO CONSUMERS • Good Housekeeping • PROMISES REPLACEMENT OR REFUND IF DEFECTIVE

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☐ I enclose $16.95 in full payment.

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Mfr. of Prof. & Home Electrolysis Equip.

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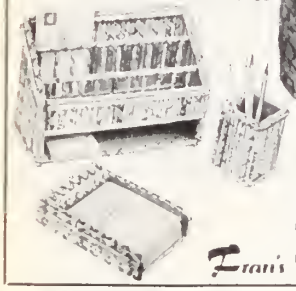
BAMBOO SHADES

Sizes	Matchstick	Tortoise
24"x72"	$5.50	$7.50
30"x72"	6.50	9.00
36"x72"	7.50	11.50
42"x72"	8.50	13.00
48"x72"	9.50	14.50
60"x72"	12.00	18.00
72"x72"	14.00	22.00
84"x72"	17.00	27.00

Bamboo roll up shades in natural Matchstick or Tortoise shell (burned) ½" wide bamboo slats. Perenially popular. Handmade in Taiwan. Add $1.50 postage per shade.

TORTOISE DESK TRIO Desk organizers create an orderly charm hand crafted of burnt rattan. Compartmentized letter holder 11" x 5" x 5" h, memo holder 7" x 5" x 2" h, pencil holder 3" x 3" x 5" h. Complete 3 pc. set. $12.95 plus $2.00 postage.

Visit Our Showroom Warehouse



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INFANT BASKET—Traveling with baby in enchanting, lightweight, easy to carry handwoven palm leaf basket, makes both you and baby feel secure. Dependably strong, 30" L x 16" W x 18" H, $27.95 plus $5.00 postage. Baby soft, two piece reversible, yellow and white checked gingham. Kodel Polyester filled liner and coverlet, $15.00.

Fran's BASKET HOUSE Route 10, Dept. HG8 Succasunna, N.J. 07876

TAG YOURSELF IN LUCITE

A must for businessmen, students and travellers. Sturdy set of 3 clear lucite luggage tags engraved with your name and address by Two's Company. $10.00 Postpaid. Specify white or brown print. 3 line maximum and 15 letters per line (including spaces) per tag.

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Shore Road—Dept. HG8
Port Washington, N. Y. 11050

FROM FACTORY TO YOU—
COLONIAL LADDERBACK
Native Hardwood

Height 42"
Seat 17½" x 14"
Weight 10 lbs.

Matching Arm Chair odd $3.00 to prices below.
Fiber Rush Seat. All Woven by Hand—Old Foshioned? Surel Economical? You Bet.

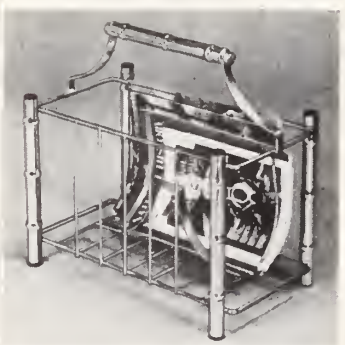
Sanded—Ready to finish—$16.95
Walnut—Maple—Pine
Wood finish—$19.95
Minimum Order, 2 Pieces
Send check or money order. No C.O.D. U.P.S. Collect—50¢ for Catalogue

MARION TRAVIS
P.O. Box 292, HG8, Statesville, N.C. 28677

CUSTOM BEDSPREADS

Our service is to custom quilt your fabric and make it into a finished bedspread and or valance in the style you select, using the measurements you send us. (Your material can also be made into unquilted matching draperies.) We also quilt your fabric so you can make your own treasures tablecloths, dusters, jackets, skirts, evening wear, etc. Send $1 for color brochure and price information

Carolina Studios
Box 191 Dept. HG-88 Sou Pines, N C 28387



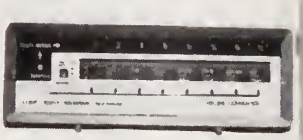
Openly Oriental

Favorite periodicals are neatly stored (and easy to find) in a magazine rack with bamboo styling. Of sturdy metal, 17Wx10Dx15"H with distinctive arched center divider and tote handle. Order SBMR-17 . . . specify Koch brass or Contemporary nickel plate . . . only $49.75. Shipped prepaid upon receipt of check.

St. Nicholas Boutiques
SANTA CLAUS, INDIANA 47579

PLANS BOOK

One of 185 designs on multi-level homes. Others include 230 designs for 1½, 2-story homes; 185 designs for 1-story homes over 2,000 sq ft.; 250 of 1-story under 2,000 sq. ft.; 223 vacation homes. Each $2.50; all five books, $8.95 Ppd. Home Planners, HGE88, 16310 Grand River, Detroit, MI 48227.



USEFUL CONVERTER

Eliminate guesswork when alterin recipes to suit desired number o servings. Great help in the kitchen Easy to read windows show exact ly how much to alter each ingre dient for accurate increases o decreases. $3.98 ppd. Dan Ma Products, HG8, 351 Berryman Pl. Orange, NJ 07050.

ENDURING GREENERY

Preserved Boston fern will grace your home indefinitely. Chemically treated plant needs no water or light. Lush fronds spread to 3'. White pot, detachable hanger. Large, $14.95; med. $12.95. Plus $3 post. Catalogue $1. Bloomin' Attic, Inc., Dept. HG8, 418 So. Washington, Royal Oak, MI 48067.

LOVING TOUCH

Serene and tranquil sculpture called "Devotion", is from an original by Brower. Stands 13" high. Wood finish is made of a composition, stone-like material; with felt bottom. $9.98 plus $1.50 post; or 2 for $21 ppd. American Consumer, Dept. DEV2, Caroline Rd., Philadelphia, PA 19176.

SPRAY SHADES CLEAN

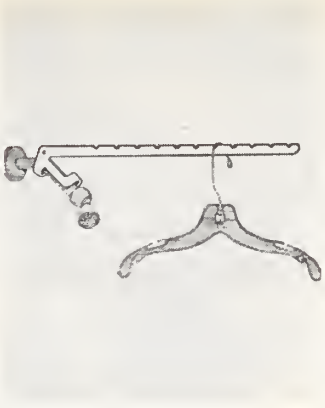
Dirty fabric lamp shades get new life from spray-on cleaner. Penetrating ion action lifts dust, dirt without wiping. Dries to spotless finish—invisible coating protects fabric, repels dirt. 8 oz. $3.98 plus 85¢ post. Anthony Enterprises, HG8, 67 Second St., San Francisco, CA 94105.

HELP AT LAST

Right where you need it, a big 10" by 13" magnetic chart to place on refrigerator door. Lists calories and carbohydrate count for many basic foods. Helps weight control. Two color combinations: black type with gold or green accents. $1.95 ppd. Grange Gifts, HG8, Box 933, Madison, CT 06443.

REAT STRETCH

ivet expands from easy-to-store ' by 8", to an accommodating 6" ' 18". Handmade from redwood, ıe wax finish. Protects furniture ɔm heat, scratches, condensa- ɔn. Ideal for hot dishes, cooling ck, plant trivet. $4.95 plus 50¢ ıst. Brookline, HG8, Box 6279, ın Rafael, CA 94903.



HANDY HANG-DRYER

For travel or home use, a sturdy dryer to hold all your washables is a great help. Hooks onto any showerhead, notched shaft holds 11 hangers. Steel construction, rustproof vinyl finish. $3.25; two $6. Add 50¢ post. American Century, HG88, P. O. Box 36277, Los Angeles, CA 90036.

OUR FAMILY CREST

andsome hand-engraved rings. ıoice of sterling silver, $95, 14K ld, $210. Ppd. Send coat-of-arms have it researched. A splendid t idea bound to become a prized epsake. Free color catalogue. Or- r from Heraldica Imports, Inc., 38, 21 W. 46th St., New York, ' 10036.

BEAUTY IN A JAR

Sweeten the air with a lifetime arrangement of miniature roses. Displayed in 5" glass decanter it's ideal for any room, gifts. Fragrance guaranteed 3 years. Yellow, red, pink, lavender, white, blue, or orange. $5.88 ea., 3 for $15. Ppd. Letz Enterprise, HG88, 705 Warwood Ave., Wheeling, WV 26003.

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meless style makes the Peking ve seat suitable for any decor. rk teak or fruitwood finish. "h., 65"l., 34"d. (86"l. avail- le). $549.95 in your fabric; 15.95 in ours. Shpg. chg. extra. talogue, $1. Bryan Robeson, pt. HG-216, Rt. 10, Box 793, ckory, NC 28601.

WATCH CASE FOR PILLS

Ingenious 1¾" brass case resembles an old fashioned watch. Slip it into your pocket or handbag and no one will know it holds health or life-saving pills. Pretend to peek at the time as you slip out a pill. $6 plus 80¢ post. Write to Postamatic Co. Inc., HG878, Lafayette Hill, PA 19444.

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During our between-season lull 3 kinds of discount savings for people of different speeds

DISCOUNT IF YOU ORDER BEFORE SEP. 30 — 33⅓%

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until SEPT. 30th	until OCT. 15th	until OCT. 31st
33⅓% Discount	20% Discount	15% Discount

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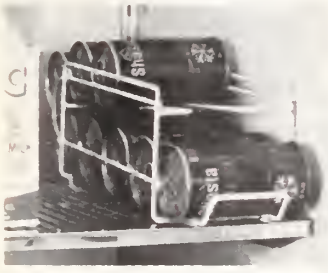
The Hobbit Jigsaw
A double challenge to your puzzling skill and patience. It's a 500-piece, two-sided jigsaw from the works of J.R.R. Tolkien. One side depicts Bilbo coming to the huts of the Raft-elves; the other, a map of Bilbo's journey through Eriador and Rhovanion. Both 15x21", assembled.
4834-6—Hobbit Jigsaw **$6.50**

Name Necklace
Eliminates the need for awkward introductions. Flattering necklace has your first name in gleaming goldtone letters, each $\frac{5}{8}$" high and mounted on a solid goldtone bar that's suspended from a delicate 12" chain. *Print desired name plainly, please.*
XE437-6—Up to Five Letters, **$5.00**
XE438-6—Six to Nine Letters, **$6.49**

Egg Rings
Give your morning cackleberries that firm, round, appetizing look. Just break eggs into these stainless steel rings and fry or poach as usual. They stay perfectly round for Eggs Benedict and other tasty dishes. Set of three, each 3½" across.
7077-6—Egg Rings . . . . 1 set, **$2.50**

No-Glare Visor Extender
Helps block out the glare of sun on wet pavement or brilliant snow. The 4¼x11½" extension clips onto your existing visor, breaks down dangerous, blinding glare patterns, reduces uncomfortable eyestrain. It's optically clear green plastic.
1393-6—Visor Extender **$2.19**

Enjoy Shopping the Miles Kimball way . . .



Beverage Can Dispenser
Handy for the soda-pop crowd. It corrals ten 5", 12-oz. beverage cans and dispenses them so that, when you reach in, you always get the coldest can. Rustproof, vinyl-coated rack is 5¼x5½x15"; loads at the top; cans roll forward on bottom.
7635-6—Can Dispenser **$2.89**

NFL Pencil Set
Guaranteed to bring stars to the eyes of any young football fan. The set contains 28 quality eraser-topped lead pencils, each bearing the name of one of the 28 teams in the National Football League. Each is in that team's official colors, too.
2519-6—NFL Pencil Set **$2.59**

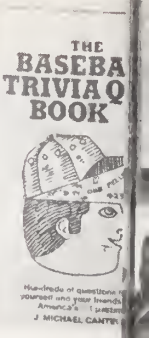
Stay Put Cutting Board
It really *does* stay put! Nonskid rubber feet keep this decorative helper in place on your counter during food preparation tasks. The sanitary plastic board won't harbor bacteria and is odor-free, sports a lively lemon or strawberry design.
7771-6-Lemon, 10½x14" **$4.95**
7772-6-Lemon, 13x17" **$6.59**
7773-6-Strawberry, 10½x14", **$4.95**
7774-6-Strawberry, 13x17" . . **$6.59**

Miles Kimball Company
285 BOND STREET - OSHKOSH, WISCONSIN 54906

SHOPPING AROUND AT MILES KIMBALL

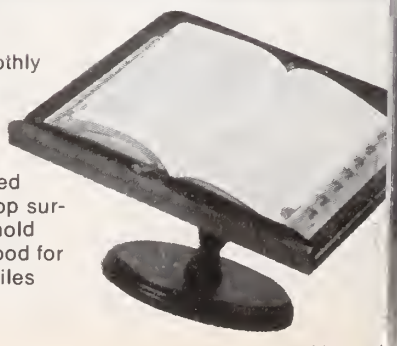
PLAY-O-ALLS
Oshkosh B'Gosh work togs have been copied as play togs for children, made of the same tough, sanforized hickory-striped cotton denim. Stout stitching, full bibs, roomy pockets, rustproof hardware. Sizes: 1,2,3,4,5,6,8. $12.49 ppd. Miles Kimball, 285 Bond St., Oshkosh, WI 54906.

QUIZ BOOK
Baseball trivia: who wore first baseball glove? Who batted 5 homers in one day? History, rules, players. 174 page soft-cover. $1.75 ppd. Miles Kimball, 285 Bond Street, Oshkosh, WI 54906.



OLD TIME CANISTER SET
Decorative tin boxes from Britain. Nested set of three includes three lb. flour, two lb. sugar, one lb. coffe canister; golden interiors, hinged lids. In muted tones to blend with latest country kitchens. Set of 3, $18.98 ppd. Miles Kimball, 285 Bond St., Oshkosh, WI 54906.

BIBLE STAND
Beautifully grained, smoothly finished wooden stand displays treasured family Bible. Encourages use. Top and base crafted of pine, turned pedestal of hardwood. Top surface, 11¼" by 14½", to hold largest of Bibles. Also, good for dictionary. $19.95 ppd. Miles Kimball, 285 Bond St., Oshkosh, Wi 54906.

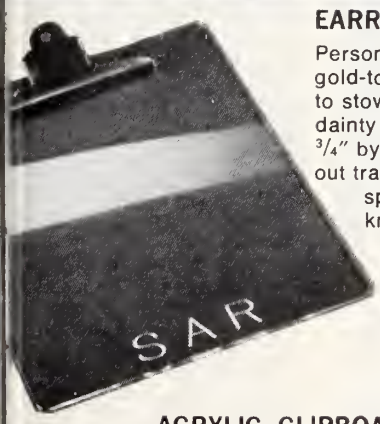


OCOLATE CUPS

ve after dinner liqueurs or fancy desserts in e cups of smooth, rich chocolate to nibble er dessert or ueur is gone. x of 12 ueur cups 95. Box 6 dessert lls with tty gold per doilies, 49. Ppd. Miles Kimball, 285 Bond Oshkosh, WI 54906.

EARRING CADDY

Personalized brush gold-tone metal caddy to stow away precious dainty earrings. Eight 3/4" by 7/8" compartments in lift-out tray, concealed storage space beneath Rhinestone knob. 1 1/4" by 2 1/2" by 4". With full name. (print). $4.98 ppd. Miles Kimball, 285 Bond St., Oshkosh, WI 54906.

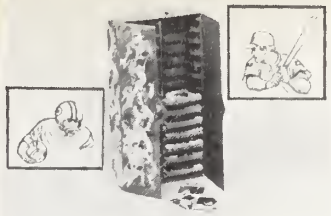


ACRYLIC CLIPBOARD

Distinctive and gifted molded acrylic clipboard, 1/8" thick, unbreakable, crystal clear. At top, strong spring holds papers. 10" by 14" writing space. At bottom, 2 or 3 initials in 1" h. letters. (Print). $9.98 ppd. Miles Kimball, 285 Bond St., Oshkosh, WI 54906.

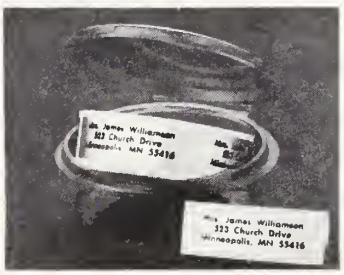
VATERPROOF KNAPSACK

right red, rubber-lined duck pack is perfect for school books r camping gear. Has double strap closure flap for tying on anteen. Adjustable shoulder straps, outer, inner pockets plus 4" by 5" outer pocket. Generous size: 13 3/4" by 12" by 5". Plain $5.98 Personalized in black with first or last name. (Print) $6.98 Ppd. Miles Kimball, 285 Bond St., Oshkosh, WI 54906.

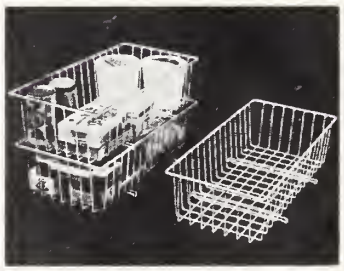


Sports Card Locker
Provides a neat home for your youngster's collection. It's plastic, holds 1400 cards in 26 separate compartments for fast, easy location. Team stickers for all professional baseball, football, basketball, and hockey teams are included, plus a numerical index for quick reference.
2593-6—Locker (3x8x15") . . . **$8.98**

Cotton Ball Dispenser
Provides easy pickings for dabs or puffs of your favorite cotton. The 3" cube is molded of sturdy polystyrene. Its snug-fitting cover makes for quick refilling, while the 2" circular top opening provides easy access. By Cosmepak.®
6952-6—Clear Dispenser **$1.98**
6953-6—Tortoise Dispenser . . **$1.98**



Self-Stick Name-Address Labels
Your name and address in sharp black on lustrous gold, silver or white labels. Just press into place. They're self-adhesive, identify books and albums as well as correspondence. They're 5/8x2", have up to four lines of type, 26 letters and spaces per line. *Print; state color.*
RP101-6—Pack of 225 . . . . . **$3.19**
RP102-6—Pack of 450 . . . . . **$5.00**
RP103-6—Pack of 1000 . . . . **$10.00**



Stack 'n' Store Freezer Baskets
Best organizers around for all those crowded frozen food packages. They let you find just what you're after without risking frostbitten fingers. Heavy steel rod baskets are 5 1/4x9 1/2x19 1/2", coated with rust-proof white vinyl, have braces for stacking one atop another.
7564-6—Freezer Baskets, ea., **$4.49**

Personalized Balloons
Imagine how thrilled your guest of honor will be to see colorful balloons bearing his or her first name. Each round balloon says, "Happy Birthday, Donna," or "Merry Christmas, Billy" in black letters. *Print name plainly; allow 2-4 weeks.* Pack of 10.
RF726-6—Birthday . . 1 pack, **$1.69**
RF727-6—Christmas, 1 pack, **$1.69**

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☐ Check here to receive our new full color Fall catalog with 196 pages of fresh and exciting gifts, toys and housewares - each one fairly priced and guaranteed to please!

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Items on these 2 pages shipped postpaid. *Total Amount Enclosed*

Name

Address

City State Zip

Miles Kimball Company

285 BOND STREET - OSHKOSH, WISCONSIN 54906

chef's tools every kitchen needs!

Giant Forks lift and turn heavy roasts. Fine steel, wood handles. 12" long, leather hangers. Set of 2.
8118 Forks. 1 Set $1.69

Wooden Tools for mixing, folding, draining, getting in corners! Natural wood, 10¼-12½" long. Set of 5.
6077 Tools. 1 Set $1.79

Whisks for fabulous omelets, sauces, batters. Tinned piano-style hoops. Set of 3—8", 10", 12".
8148 Whisks. 1 Set $1.29

Earthenware Pitcher. Classic two-tone brown glaze. 6" high, holds 1 quart.
9344 Pitcher. $2.98

THE WORKS! All three tool sets plus the pitcher! Our own version of the traditional European bridal gift—charming for a shower or for your own kitchen. Beat-all buy that's ours alone because we import them at special prices, pass the saving on to you!
9345 The Works—everything shown! 1 Set $6.98

Add $1.25 postage & handling. NY residents add taxes.

The Country Gourmet Dept. G81, 512 S. Fulton Ave. Mt. Vernon, NY 10550

Ratchet-Cut Hand Pruner

Revolutionary New Ratchet-Action Pruner made by the finest U.S. toolmaker, has 5 times more power than conventional pruning shears, will cut anything from a twig to ¾" branch without any effort. Gentle pressure for clean cut makes pruning ideal specially for those who can not grip strongly, because "Ratchet" multiplies power.

Hardened carbon steel blade is Teflon coated to reduce friction, prevent rusting. Featherweight nylon-fiberglas handles, strong as steel, Vinyl pouch incl. (fits belt). 15 days trial, money-back guarantee.

Only **$9.95** plus $1 for post. and handl., send check or M.O.

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—65 Montauk Highway
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11937

HAND EMBOSSER

For Personalized Stationery

Makes expensive looking raised letter impressions of any 3 line name & address on your PAPER & ENVELOPES (reversible). No inks, service or maintenance required. For home, office, clubs, etc. Print clearly, maximum 24 characters per line. (For 4 lines add $1.50.) **$11.95**

Desk Model (not shown) $13.95
Pa. res. add 6% • Catalog 25¢
Add $1.25 shipping each item

POSTAMATIC CO.
Dept. HG-878, Lafayette Hill, Pa. 19444

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OLD-TIME COLLECTION!

26 different stamps from 50 to 100 years old. Scarce 1874 classic, Belgium "Never on Sunday!" ancient Egyptian Sphinx, Ottoman Empire, Balkan Assassination, Great Famine, Bosnia, Newfoundland, Victoria, many others. Worth $2.00 at catalog prices. All only 10¢. Also, other bargain stamps for free examination, returnable without purchases, cancel service anytime.

Send 10c — TODAY!
FALCON STAMP COMPANY
O88GH, Falconer, New York 14733

SHOPPING AROUND

GROOM THE BATH

There is no need to have ugly cracks and openings around your tub, sink or basin. Seal them up with self-sticking tape. Merely press tape on clean, dry surface, 11 foot roll, $2.98 plus 60¢ postage. Order from Anthony Enterprises, HG8, 67 Second St., San Francisco, CA 94105.

HANDI-GRO

Redwood frame, corrugated fiberglass acrylic greenhouse to attach to home, garage. Strong, bolt-together easy assembly. 8'w. by 4'd. $134.95. F.O.B. Other models to $699.95. Free color catalogue. Peter Reimuller—The Greenhouseman, Dept. 11HP, 980 17th Ave., Santa Cruz, CA 95062.

ELEGANT DROP-LEAF

Assemble a coffee table in so ¾" cherry. Kit includes prec smooth-sanded pieces, hardwa instructions. Need no special too $139.50. Or assembled, antiq cherry finish, $249.50. Shpg. cl coll. Furniture kit catalogue, The Emperor Clock Co., Dept. Fairhope, AL 36532.

PEP UP PACKAGES

No mistaking who's the giver wl you embellish your gifts this Chr mas with press-on labels, 1 dia. Also good to use as Christ card envelope seals. Limit of letters and spaces. 150 labels alike), $3.75 plus 35¢ post. Br Bolind, HG8, Bolind Bldg., Boul CO 80302.

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FULL SIZE LOUNGE CHAIR

European imported solid hardwood frame, walnut finish with authentic curved Danish arm, 28½" wide, 29" high. Thick 4" polyurethane foam seat cushion, 22" x 22". 3" thick back cushion, 17" x 22". Your choice of expandable supported vinyl, or heavy tweed fabric. Olive, Tangerine, Black, Blue or Tan. Or furnish two yards, 54" wide, your fabric. Cushions zippered, fully welted reversible.

Send 75¢ for sample swatches and complete Danish living room catalog

Shipped unassembled, easily set up in 10 minutes

No C.O.D.s
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Send check or money order.

$49.95

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N.J. Residents add 5% tax.

Stop Fleas Safely and Naturally!

FLEA-TABS... finally, an answer to the flea problem that works without the use of chemicals found in flea collars, powders, sprays, etc.

FLEA-TABS . . . completely safe and natural.

FLEA-TABS . . . administered orally, everyday, will cause you pets' skin to emit an odor that only f can smell.

Most pets readily accept **FLEA-TA** as a treat. A 100-tablet bottle lasts 2 months for the average size pet.

Fully Guaranteed. Send $4.95 to: **FLEA-TABS**, Box 33-B, Bowling Gre Ohio 43402. PPD. Ohio residents ad sales tax.

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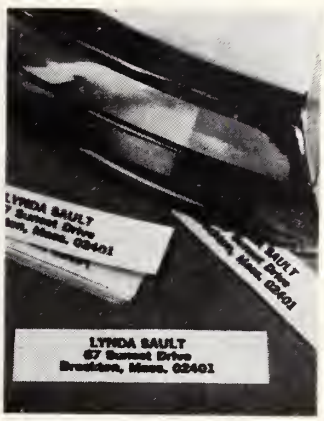
p grain leather chair in over 50 lors. Down filled loose seat cush- n, semi-attached back. Solid ma- gany carved legs; solid brass il head trim. 43"h., 31"w., "d. $434.50. Shpg. chg. extra. ochure, $1. Carolina Leather ouse, Inc., Dept. HG47, Box 23, Hickory, NC 28601.



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Avoid clothing mix-ups, assure return of misplaced school gear. Permanently attach pre-cut cloth labels with heat from iron. Or sew on. 2" by ⅜". 50, 1-line, $2.50; 50, 3-line name/address, $3. Plus 25¢ post. The Lighthouse, Dept. HE8, 2783 Glorietta Circle, Santa Clara, CA 95051.

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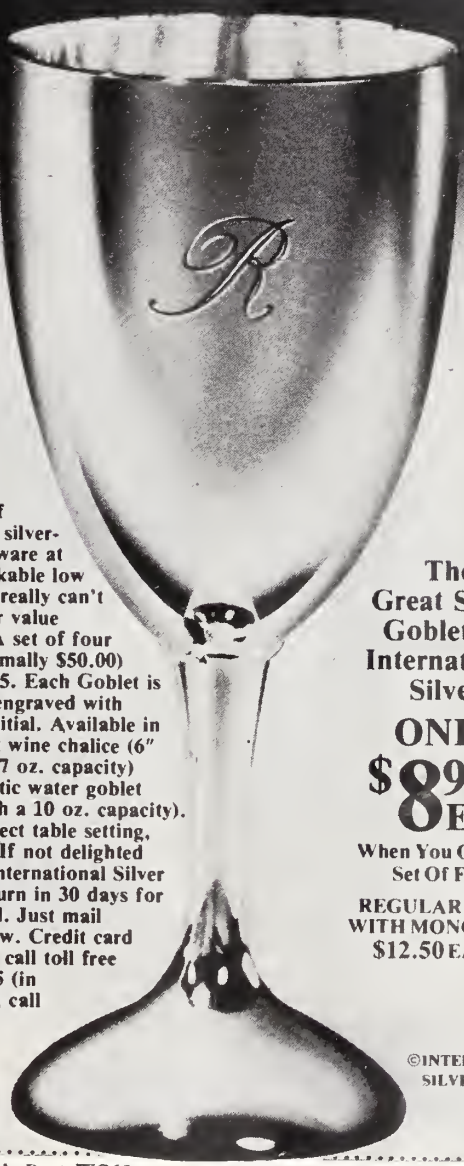
The International Silver Monogrammed Wine Goblet



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☐One—$9.95 (@ $12.50 value)		
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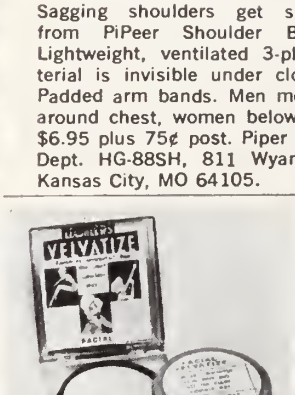

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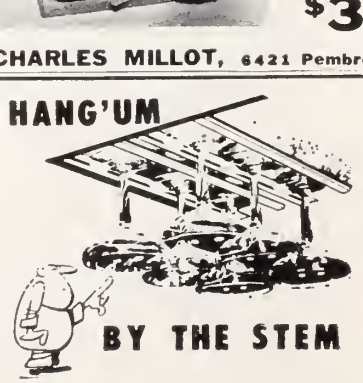

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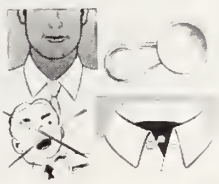

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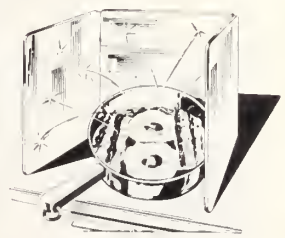

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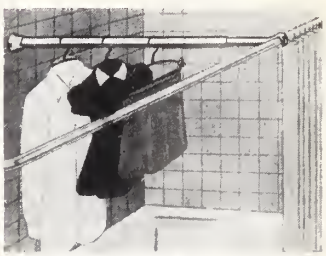

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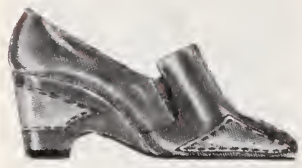

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WHO'S TO KNOW

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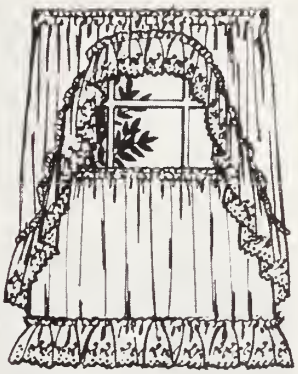

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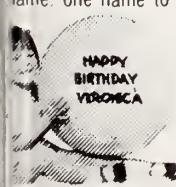

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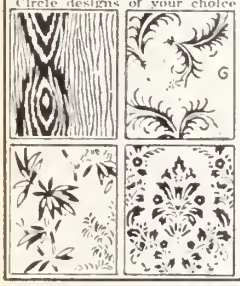

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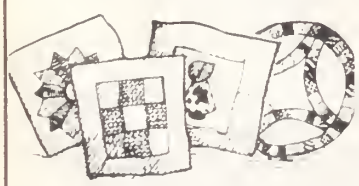

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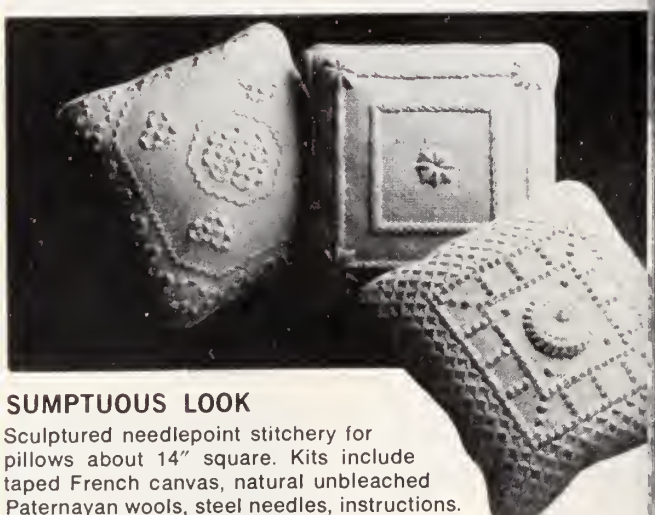

SUMPTUOUS LOOK

Sculptured needlepoint stitchery for pillows about 14" square. Kits include taped French canvas, natural unbleached Paternayan wools, steel needles, instructions. L to R: Saraband, Lyric, Pavanne. Each $29.95; two $54.50; three $75. Ppd. (if one address). Ella Projansky's Needleworks, Inc., G88, Box 423, White Plains, NY 10602.

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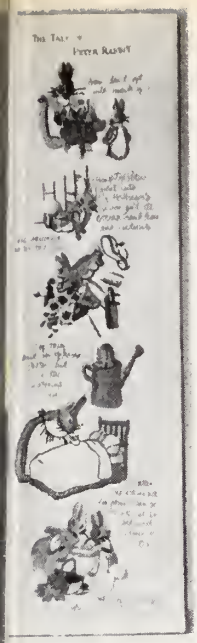
Needlepoint inspired by old tapestries. Hand-painted #14 imported mono canvas, Paternayan Persian yarn. Navy grounds. Yellow, red, blue, orange, white flowers; green foliage. Duck 13"x13" $60; unicorn (give initials) 10½"x17" $65; millefleur 12"x16" $65. Add $1.50 post. each. Catalogue $2 (refunded with order). Franley Studios, HG8, 5 Main St., Cold Spring Harbor, NY 11724.



TALE IN CREWEL

Characters from the original Peter Rabbit books by Beatrix Potter, interpreted by Erica Wilson, make delightful nursery friends. Design stamped on linen, Persian-type yarns, needle, easy instructions. Wall hanging 10″ by 32″. Kit $11 ppd. Nursery Classics, HG-8, Box 309, Redding Ridge, CT 06876.

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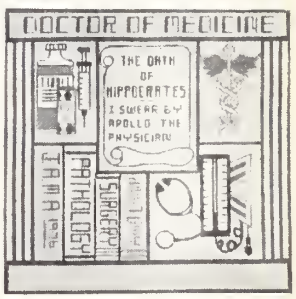

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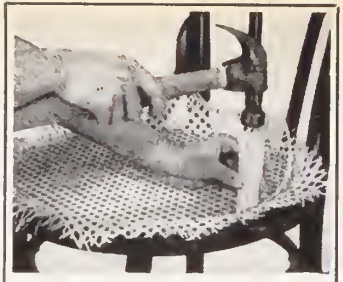

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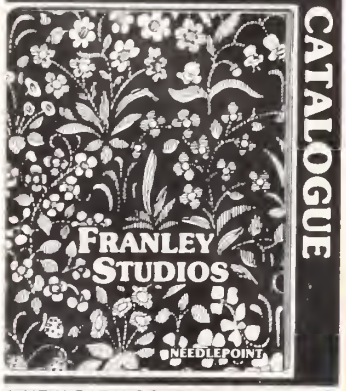

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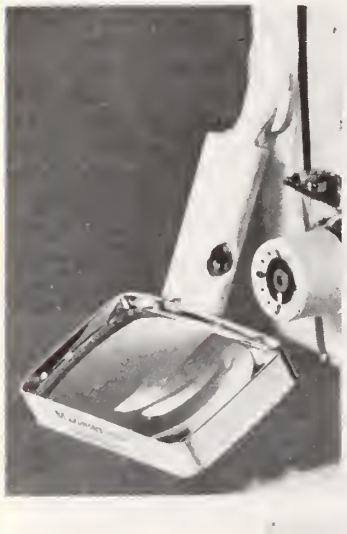

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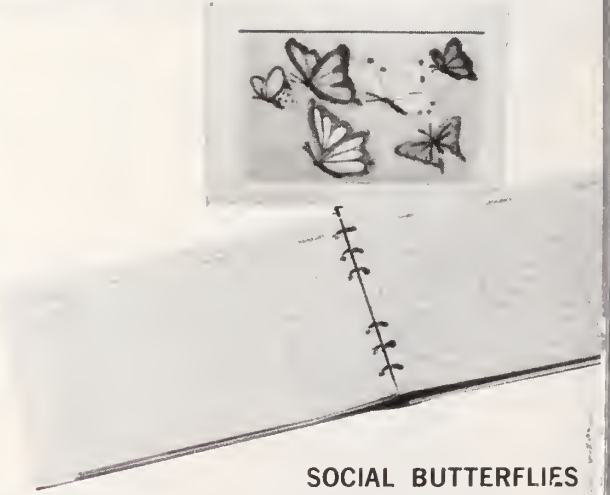

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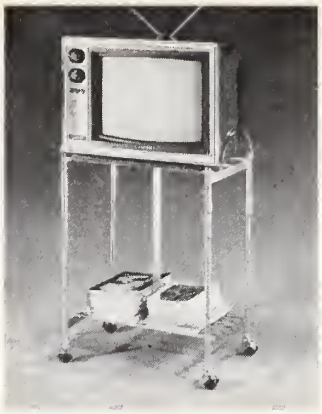

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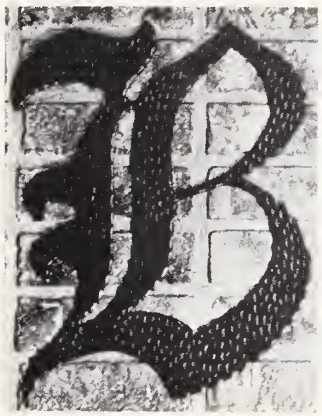

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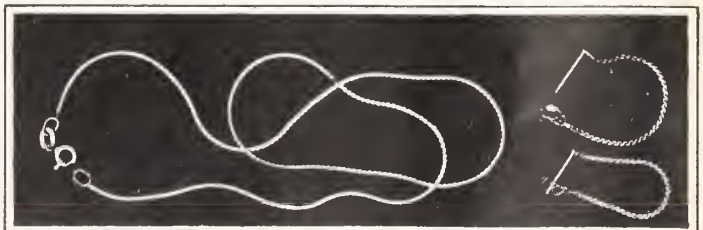

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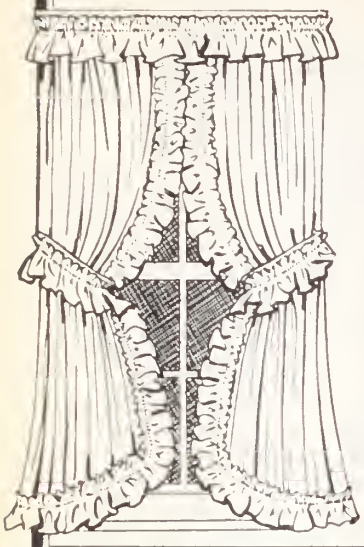

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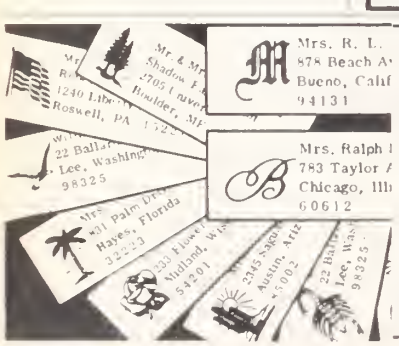

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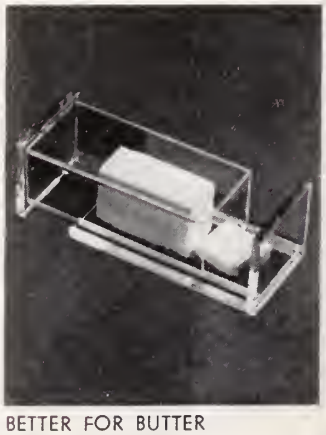

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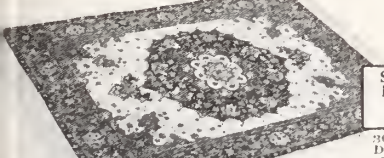

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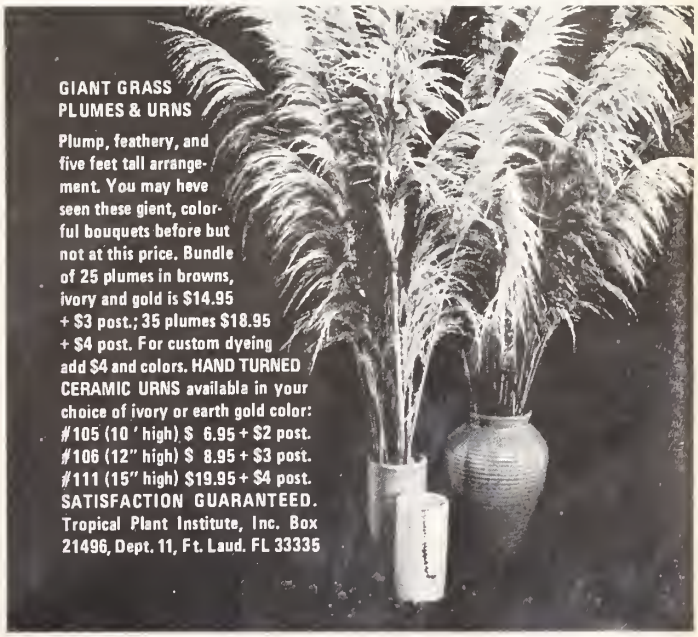

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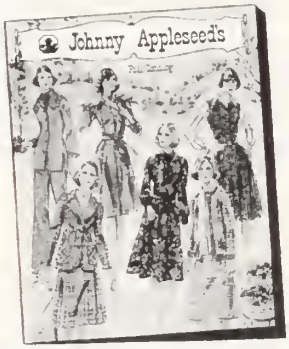

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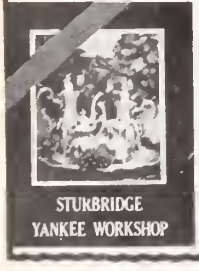

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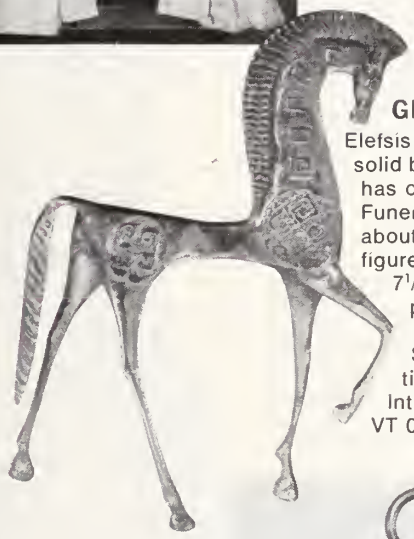

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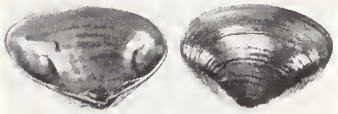

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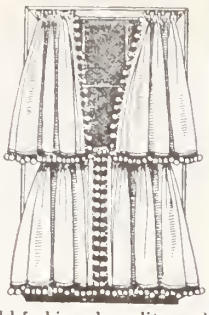

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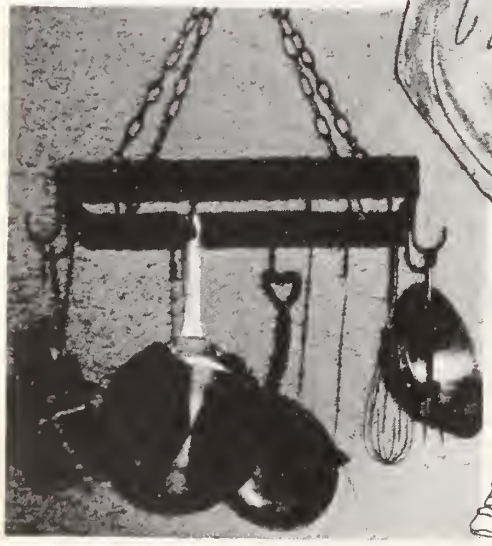

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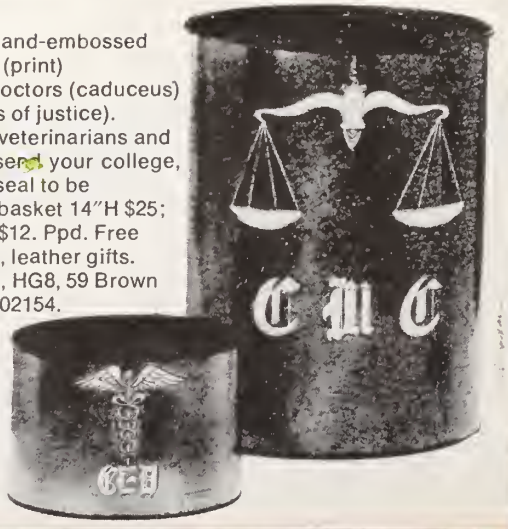

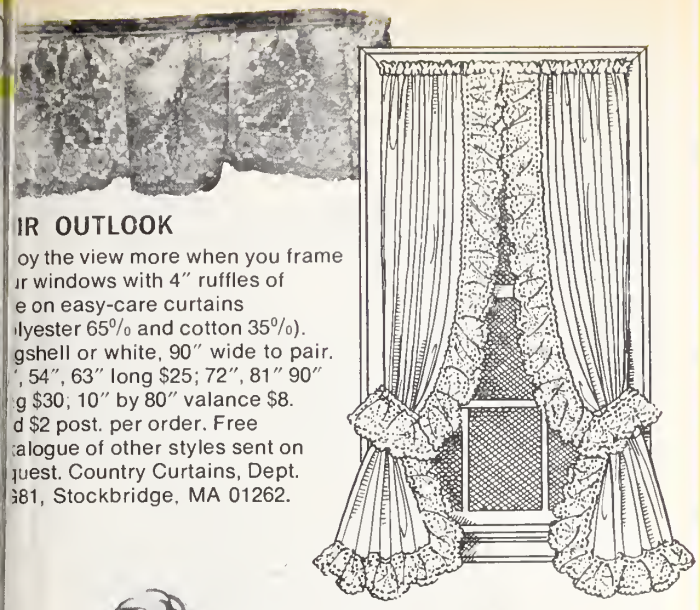

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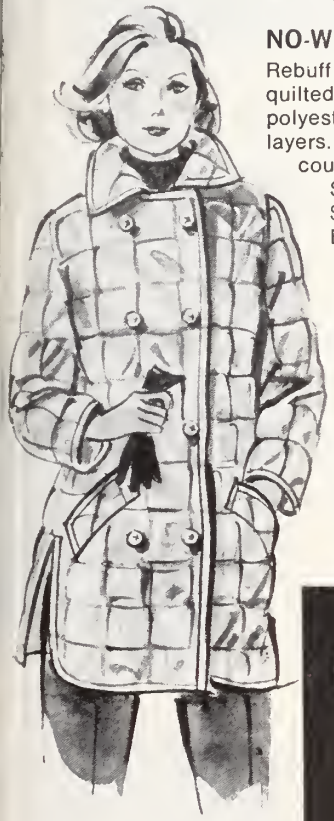

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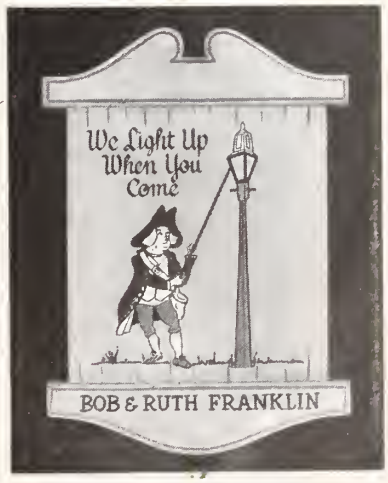

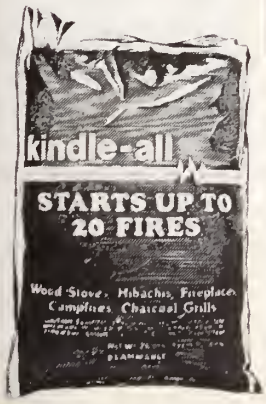

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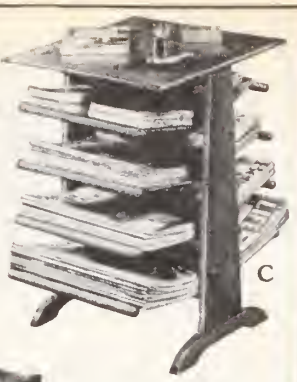

C

A

Above, B—Magazine Tree, for up to 60 issues. 30"H12"W13"D. Finished Antique $29.95*. Easy Kit $19.95*. Use Order #272.

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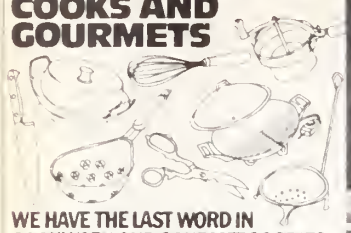

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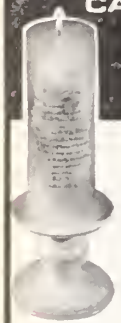

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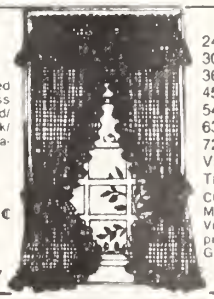

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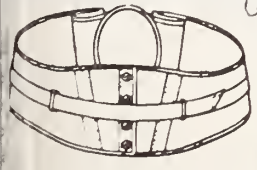

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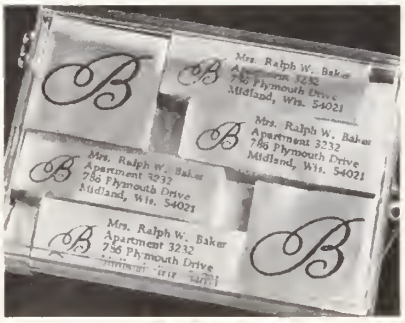

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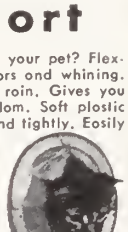

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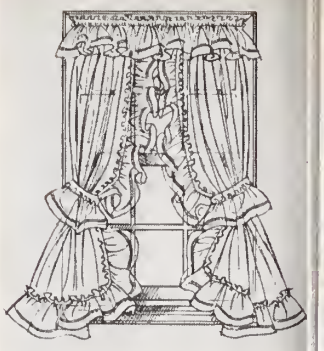

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Harmonious blend of ivory ground with rust, gold and brown accents. 2' by 3' $19.95; 3' by 5' $34.95; 4' by 6' $49.95; 6' by 9' $89.95 Ppd. Other designs, also Oriental and Scandinavian rya rugs in full color catalogue $1. Peerless Imported Rugs, GE88, 3028 No. Lincoln Ave., Chicago, IL 60657.

BLISSFUL LOUNGING

Lazy Daze has reversible cushions arm protectors, lined skirt. 60" l 32"h. Seat 46"d. From $283 dependding on fabric. $220 your fabric (9½ yds. 54"w.). Shpg. chg extra. Catalogue and request forr for free swatches, $2. Hunt Galleries, Inc., HG788, Box 2324 Hickory, NC 28601.

NON-SKID PROTECTION

These foam rubber pads adhere to glass frames. Savvy solution to glasses that slide down on the nose. The pads also relieve pressure of frames on sensitive skin. $1.98 for 12 pads plus 35¢ post. Write to Anthony Enterprises, HG8, 67 Second St., San Francisco, CA 94105.

ICE CRYSTALS

Candlelight sparkles in heavy hand crafted faceted crystal holders 3"h. by 4¼"w. They come with candle, take 1½" candle-warmer refills. Level rims enable use as warmers. Gift boxed. $7.50 ea.; for $12.98. Add $1 post. Lillian Vernon, Dept. G8E, 510 So. Fulton Ave., Mt. Vernon, NY 10550.

CATALOGUE CHECKPOINT

SHOPPING AROUND'S *special mail-order service for you. We've gathered the latest catalogues with merchandise to suit your every need. Order directly from House & Garden. Just fill out and return the order coupon below, circling the number of each catalogue you want. Enclose 50¢ for postage and handling, plus any additional charge as indicated on catalogue number. Do not send stamps. Coins, check or money order may be used.*

1. CUSTOM DESIGNED WALLPAPERS can be matched to Dacron® or percale fabrics to coordinate room decor. Set of samples shows geometrics, butterfly patterns along with material to give an idea of what you can order from Anna-Belle Designs, Inc. $3.

2. GRAND SELECTION TO CHOOSE FROM! Lots of Christmas gifts to make sure you're ready on time for that busy holiday. Catalogue features prized crystal collector's pieces, hostess gifts, household items, accessories. Artisan Galleries. Free.

3. SPECIALTY KITCHENWARE FOR THE GOURMET cook who appreciates excellent quality. Catalogue has extensive variety of heavy gauge copperware, cutlery, pans, gadgets, molds, butcher block, pepper mills. All you need for Bon Appetit! Bazar Francais II. $2.

4. SELF IMPROVEMENT COURSE teaches you "How to live 365 days a year happier than you ever did before." Eight page booklet guides you through repetitive short daily sessions of self candor. Behavioral Enlightenment, Inc. $5.

5. HANDSOME BRITISH SIDE TABLES crafted in mahogany and finished in rich wood tones are all priced at remarkable savings. Color catalogue features butler's tables, also tray and tea tables, and more. Subdued antique patina glows from each of these 18th C. authentic replicas. The Bombay Company. $1.

6. BERMUDA BUYS! Discriminating tastes delight in fine selection of traditional clothing for men and women in fall color catalogue. Cashmere, wools, twills, silks in dresses, coats, ties, sports clothes. Also, gifts and accessories. Brown's of Bermuda. Free.

7. SPECIAL GIFTS FOR SPECIAL PEOPLE. Collection offers excellent quality and service providing ideal answers for wedding, anniversary, birthday gifts. Booklet illustrates diamond and gold jewelry, watches, flatware, crystal, dinnerware, engraved items. Carter's. 25¢.

8. ORNAMENTS GALORE TO MAKE from kits that come complete with sparkling beads, ribbons, pretty trimmings. For Christmas, other holidays. Many shown in color in prize-winning catalogue. Also, beaded fruit, eggs, animals, wall decor. The Cracker Box. $1.95.

9. CHARMING COLONIAL CLASSIC CURTAINS. Choose from wide assortment in catalogue collection. All are washable, Perma-Press, extra full. Some have spreads to match, dust ruffles. You'll receive free fabric samples, too. Curtain Corner. 25¢.

10. APPEAL OF SHELLS is hard to resist especially when selection is as large as the one in Dover's catalogue. Extensive listing, illustrations of shells, fossils, minerals, books. Plus color pages of natural jewelry, gifts. Dover Scientific Co. $2.

11. UPHOLSTERED CHAIRS, SOFAS and occasional pieces shown to advantage singly and in beautiful settings in color catalogue. Fine quality and craftsmanship suitable for any decor. Includes form for free fabric swatches, price list with yardage requirements. Hunt Galleries, Inc. $2.

12. MORE BRILLIANT THAN A DIAMOND but much less expensive, The Kenya® Gem is so like a diamond, only an expert can tell the difference. Full color brochure of rings, earrings, pendants, cuff links, in exquisite 14K gold settings, Kenya. Free.

13. MINIATURE ENTHUSIASTS will be fascinated with this unique publication. For collectors of doll houses, miniature soldiers, furniture, paintings. Six issues yearly with feature stories; also "how-to's," calendar of events, reports on shows, auction reports. Miniature Collector. $9.97.

14. SHOPPING FOR NEXT SEASON'S WARDROBE is a breeze with fabulous selection in a color catalogue of fall/winter fashions. Top name-brand, designer and imported clothes, shoes, jewelry, accessories. Many in half, large sizes. (Cost refundable with first purchase.) Old Pueblo Traders. $1.

15. SOLID BRASS IN TRADITIONAL STYLE LAMPS makes the collection in this catalogue especially appealing. Featured are fine, classic table lamps, chandeliers, wall sconces, floor lamps, gifts. Exquisite for colonial or any decor. Robelier. 25¢.

16. PLATING, REPAIRS AND REFINISHING by expert craftsmen on silver, pewter, gold, copper and brass pieces. Booklet illustrates interesting step-by-step procedure, provides pictures along with scale prices to help you approximate cost of the service. Simmons Silver Plating Co., Inc. Free.

17. GRAND AND VARIOUS SELECTION of classic and unusual items to delight the most discriminating tastes. Entertaining and gourmet items, clothing, jewelry. When shopping for that perfect gift, this catalogue should help you find it at The Very Thing! $1.

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GARDENER'S NOTES

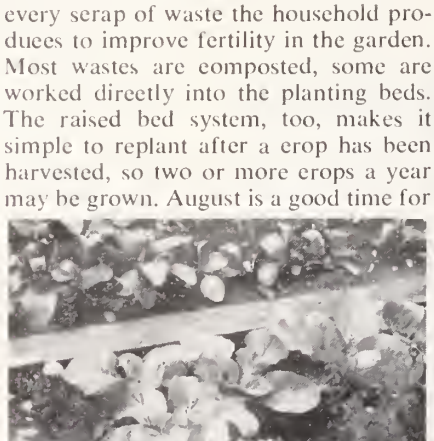
By James Fanning

August experiments

Raised beds for vegetables, hollyhock singles from doubles, supporting tomato stakes

Vegetable chinoiserie

Chinese vegetables like those in the Trents' garden, page 114, are varieties of vegetables grown everywhere in the United States. This means that they pose no partieular problems for growers in this eountry. Chinese peas and beans are grown in the same way as our familiar varieties, and so are the numberless Chinese members of the eabbage family. However, the Chinese approaeh to the use of garden spaee is different from ours. Chinese vegetables are grown in raised beds or terraees, rather than in widely spaeed single rows. The beds are usually about 4 feet wide, 6 or 8 inehes higher than the surrounding area, and may be of any length. Paths between the beds are narrow—no wider than a 6-ineh railroad tie, in the Trent garden—and it is only on this path that the gardener ever sets his foot. This means that the aetual growing area is not subjeet to eompaction, so rainwater penetrates quiekly, weeds are easy to pull, and plant roots find ideal eonditions of aeration, moisture, and nutriment. Raised beds don't stay soggy after a rainy spell, and irrigation water stays where it is wanted. The waste-not Chinese, of eourse, use every serap of waste the household produees to improve fertility in the garden. Most wastes are eomposted, some are worked direetly into the planting beds. The raised bed system, too, makes it simple to replant after a erop has been harvested, so two or more erops a year may be grown. August is a good time for starting a raised-bed garden. Soil is dry and easy to work, and it's the ideal time for planting the kinds of Chinese vegetables that grow best in eool autumn weather. A praetieal, thoroughgoing book is *Better Vegetable Gardens the Chinese Way*, by Peter Chan and Speneer Gill (Graphie Arts Center, $4.95 in paperbaek). Order seeds of Chinese vegetables by mail from Tsang and Ma International, 1556 Laurel St., San Carlos, Calif. 94070; and Sunrise Enterprises, P.O. Box 10058, Elmwood, Conn. 06110; eatalogues, free.



In the Trent vegetable garden, beds are separated by railroad ties.

Bring back the hoopskirt!

A great many people nowadays are trying to re-ereate the look and feel of old-fashioned gardens. This is an almost hopeless task, though, sinee hardly any old-time plants are available for present-day growing. For instanee, the onee-familiar single hollyhoek has been replaeed by double-flowered varieties that look like nothing so mueh as staeked-up powder puffs. However, it is fairly easy for anyone with a bit of time and patienee to re-ereate the old singles by planting seed from double varieties. Save your own seed—hollyhoeks are prolific in this respeet—plant it and wait for the next erop of flowers to appear. A few plants of this generation will produee single flowers. Save seed *only* from these; repeat the proeess until you're growing nothing but singles. Praetieally any plant ean be dis-improved this way.

String along tomatoes

Now the annual problem arises: How to support those ever-lengthening tomato plants. Stakes, A-frames, trellises, and wire eylinders all have their advantages and their advoeates. One point of general agreement is that the plant should grow as a single stem, with side shoots removed as they appear. Mel Bartholomew, a tomato enthusiast who gardens on Long Island, N.Y., deeided that the best way to support his single-stem plants was with strings hanging from a horizontal support about 6 feet above the ground. His method worked so well that he has undertaken to supply other gardeners with the same pipe-frame support. Of heavy-gauge galvanized iron pipe, the support will last years and require only new string—and new tomato plants—every growing season. Order the kit from The Square Foot Gardener, Pheasant Run Farm, Old Field, N.Y. 11733, at $10.95, plus $1.90 for shipping.

Shopping information
continued from page 141

Roundtree*, NYC 10021.
Drop-leaf end table: 20" x 27" x 24" h.
Cabriolet cane-back armchair: 22" x 21" x 32" h.
Pedestal extension table: 48" d. x 29" h. Two 15" leaves.
Bowback Windsor armchair: 27½" x 27" x 42" h. From the Royal Charter Collection.
Upholstered fireside chairs: 28" x 32" x 46" h. All by Ethan Allen. At Ethan Allen Galleries.
Moroccan bleached wood octagonal taboret: Mother-of-pearl inlay and incising. **Woven twig basket** (holding ficus): 27" d. x 20" h. Both from John Rosselli Antiques*, NYC 10021.
Glass battery jar with candle: 6" x 8" h. $10. At Henri Bendel, NYC 10019.
Fabric for curtains: "Corsair Cloth" cotton: 48" wide. About $6 a yd. By Waverly. At Ethan Allen Galleries.
Page 103, exterior
"Richmond Box" pine planters: 20" sq. $140 ea. By The Chattahoochee Makers Co. Write 517 E. Paces Ferry Rd. N.E., Atlanta, Georgia 30305 for nearest store.
Tea Trade lanterns: 9" x 16" h. Pewter finish. $100. By MarLe Co. Write 170 Summer St., Stamford, Conn. 06901 for nearest store.
Page 104, top, and lower right, craft room
Baskets: At Ethan Allen Galleries.
"Inca 90" 36" counterbalanced Canadian birch floor loom: 45" x 38" x 52¼" h. Unassembled kit, $250. **Canadian birch loom bench:** 24" x 12" x 21½" h. Adjustable height. $46. **Imported yarns.** Send for samples and information. All from School Products, 1201 Broadway, NYC 10001.
"Super Model 68" air electronic portable sewing machine: $989. By Elna. Distributed by White Sewing Machine.
Patterns: By Vogue Patterns.
Work stools: 24-33" h. Wooden seat. Adjustable tubular steel legs. $34.75. At Charrette, NYC 10022.
Lamp: $44.95. By Luxo. At Sam Flax, NYC 10022.
Page 104, lower left, artist's studio
"Stow-Away" drafting table: 30" x 42". Adjustable height and angle. Laminate top. $119. **"Boby" plastic storage unit on casters:** $259. **"Alfino" fold-up trolley:** 27" x 19¾" x 30" h. $120. **"Rembrandt" oak easel:** 26½" x 19¾" x 30" h. $370. **Assorted art supplies.** All at Sam Flax, NYC 10022.
"For John Constable" lithograph: 17½" x 22¼". Edition of 100. By Howard Hodgkin, 1976. $240, framed. At Bernard Jacobson Ltd., NYC 10019.
Electronic clock radio: 11½" x 5¼" x 8" h. $79.95. By Hitachi.
Page 105, top right, dining/kitchen
Accessories and baskets: At Ethan Allen Galleries.
Porcelain goose terrine: From John Rosselli Antiques*, NYC 10021.
"Meal-Maker" toaster-oven: Pops up toast, bakes, broils, slow cooks. Non-stick broiler pan. $80. By Proctor-Silex.
"Bell Timer" deluxe standing mixer: $120. By Hamilton Beach.
"Town and Country" spatterware pottery: 5 pc. place setting, $25. By Stangl Pottery.
"Old Westbury Satin" stainless steel flatware: 70 pc. set for 8, $80. By Oxford Hall Silversmiths.
"Bourgogne" crystal all-purpose wineglass: 20 oz. $23.50 ea. By Kosta Boda.
Antique blue and white spongeware pitcher: 9" h. $135. At Thos. K. Woodard American Antiques & Quilts, NYC 10021.
Page H845, lower right, greenhouse/meal planning area
Paper-wrapped pencil holder with 12 pencils: $13.75 ppd. **Letter rack:** $19.50 ppd. Both at The Mediterranean Shop, 876 Madison Ave., NYC 10021.
Page 106, left, master bedroom
Upholstered armchair: 32" x 32" x 31" h.
Tea table: 30" x 18½" x 26" h.
Queen-size poster bed with extra length rails.
Upholstered tufted bench: 47" x 21" 17" h.
Tilt-top tripod tea table: 34" x 22½" x 21" h., closed. 43½" x 31½" x 17" h., open.
Upholstered tufted loveseat: 64" x 32" x 24" h.
Cabriolet cane-backed armchair: 22" x 21" x 32" h. Bone White finish.
Accessories and baskets.
"Concord" carpeting: Lemon Ice color. All by Ethan Allen. At Ethan Allen Galleries.
Fabric for bed hangings and curtains: "Osterly" glazed cotton chintz: 54" wide. 24" repeat. Scotchgard finish. $8.50 a yard. By Waverly Fabrics. At Ethan Allen Galleries.
"Shasta" woven wood Roman shades: By Kirsch.
Fabric on loveseat: "Shansi" cotton: 54" wide. About $20.50 a yd. From Schumacher*, NYC 10022.
"Bel Air" series lithographs: 44" x 24½". Edition of 50. By William Tillyer, 1975. $680 each, framed. At Bernard Jacobson Ltd., NYC 10019.
AM/FM digital clock: 10 1/16" x 3½" x 6¾" h. $39.95. By Hitachi.
"Duchess Lace" cotton and polyester sheets: Twin, about $6.49 ea. Pillowcases, about $6 a pr. Tastemaker by J.P. Stevens.
Coverlet: American antique coverlet with raised stringwork. $300. At Elinor Merrell, NYC 10021.
Handwoven mohair throw: Custom made. $400. From Copper & Newham*, Woodstock, N.Y. 12498.
Crackled ceramic lamps: 9" d. x 24½" h. Pongee color. $185 each. By Chapman.
Paper-covered writing box: 14½" x 11¾" x 4" h. $30.75 ppd. At The Mediterranean Shop, 876 Madison Ave., NYC 10021.
Accessories and baskets: At Ethan Allen Galleries unless otherwise credited.
Picture frame: Holds a 5" x 7" photograph. Paper- and fabric-covered. $20. At Laura Ashley, NYC 10021.
Page 107, lower left, master bath
Stenciling: By Adele Bishop. Color brochure and stenciling kit information, $1 ppd. from Adele Bishop, Box 117 HG, Dorset, Vt. 05251.
"Grand Velour" cotton and polyester towels. Coral color. **"Majesta" cotton towels:** Apple Blossom color. Bath size, about $7.
Continued on page 178

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Building and remodeling

1. "IT'S YOUR HOUSE, YOUR LIFE-STYLE" and you've put a lot of thought and effort into it. This catalogue from Elkay allows you to put the same care into your choice of a sink. This important fixture has joined the ranks of luxury appliances, offering time-saving features and a multitude of styles. 25¢

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3. ORIENTAL FURNITURE — Henredon's Folio Eleven proves that the clean lines and simple forms of the Far East are totally relevant to the way we live today. This collection of bedroom, dining room, and occasional furniture mixes well with 17th- and 18th-century French and English styles as well as contemporary. Henredon Furniture Ind. $1

4. THE RUGGEDNESS OF THE AMERICAN FRONTIER is captured in every piece of the Rustic Oak collection from Harrison Furniture. Its 12-page, full-color brochure displays this rich, deep brown-finished furniture in a variety of interesting room settings. $1

5. PRESERVE THE AMERICAN PAST with Historic Charleston Reproductions. Illustrated book displays, individually and in historic settings, Queen Anne, Federal, Chippendale, and Regency-Empire furniture. Also featured are silver, crystal, pewter, and china pieces reproduced from Historic Charleston. Baker Furniture. $4

6. ORIENTAL RUG DESIGN MASTERPIECES. Couristan's newest collection,

Gem, can now be seen in a deluxe 24-page color catalogue. Portrayed are 19 design/colorations recreated from famous antique rugs and rare tapestries, many exhibited in renowned museums throughout the world. Couristan. $2

Eating and Entertaining

7. THE PRODUCT OF NATURE. THE LOVE OF FRANCE . . . Perrier mineral water. Brochure details the history of this naturally carbonated water first bottled by decree of Napoleon III. Learn the many, many ways in which Perrier is enjoyed. Great Waters of France.

8. BE THE PERFECT HOST with these mixed drink recipes from Seagram's Gin. Contained are trusted standards, such as the Martini and Sour, plus exotic new ideas like the Coronation, Red Baron, and Salty Dog. Seagram Distillers.

9. HAVE A BAR IN 2 BOTTLES—with white rum & gold rum, the light rums of Puerto Rico. Use white rum in place of gin and vodka, gold where you'd use Scotch, Bourbon, or Canadian. Full-color recipe booklet shows this marvelous interchangeability, along with several rum specialties. Rums of Puerto Rico.

10. ALOHA. The luau recipes presented in this color booklet from Heublein have been developed with North American tastes in mind, but are derived from Oriental and Hawaiian traditions. From Roast Suckling Pig, Nanakuli Chicken, and Steak Kabobs, to delicious desserts like Pineapple Pudding and Coconut Cake, Heublein Pina Colada recipes accompany your feast.

11. HAVE A STEAK IN YOUR FUTURE . . . and vegetables and seafoods, sauces and desserts, poultry and beef, all cooked outdoors on an Arkla Embermatic Gasgrill. Outdoor cooking is more than a mere fad. It swept across the country years ago and it isn't likely to flicker out. Brochure lists features and specifications of Arkla Industries Gasgrills.

12. "THE ULTIMATE IN OUTDOOR GOOD TASTE." Brochure displays the full line of Warm Morning Broilmaster Gas Grills. Models feature multiposition cooking grids; permanent "Flower Rock" coals, which save the expense of charcoal but still give that barbecue flavor; separate burner controls; and many more. Locke Stove Company.

Potpourri

13. HOW TO BE A COOL FRESHMAN. If you fit only one thing besides your blue jeans into your college footlocker, make it the "College Survival Kit." A booklet aimed at easing the extremely difficult transition from high school to college, it guides the student through all pitfalls and makes very productive suggestions. $2.25

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Shopping information
continued from page 175

Both from the Utica Fine Arts Collection for J.P. Stevens.
Red lacquered Chinese box table: 25" x 17" x 12" h. $650. **Antique wire birdcage:** 20" x 11½" x 42" h. $650. Both from Roundtree*, NYC 10021.
Cosmetics: By Clinique.
Soap dishes: "Saxon Flower" fluted porcelain bowls: $28.50 each. 5 pc. place setting, $55. Special order. By Bing & Grondahl.
Upholstered vanity stool: Custom made. $575. From Mario Buatta*, NYC 10021.
Cotton cosmetic bag: $20. **Roll-up sewing kit:** $17. Both at Laura Ashley, NYC 10021.
Accessories and baskets: At Ethan Allen Galleries.
Page H847, right, deck
Chaise: 25" x 82" x 15" sh. $206. **Ottoman:** 22" x 25" x 15½" h. $63. **Dining/lounge chair:** 23" x 26" x 15" sh. $78. All, vinyl-coated polyester mesh sling seats. Tubular aluminum frames. From the Skipper collection. **Side table:** 24½" x 23½" x 21" h. $109. **Dining table:** 46" d. x 25" h. $200. Both, tubular aluminum frames. Acry-tex acrylic ABS plastic tops. From the Nomad collection. All by Brown Jordan.
"Chatham" pine benches: 72" x 42" h. $700 ea. By The Chattahoochee Makers Co. Write 517 E. Paces Ferry Rd. N.E., Atlanta, Georgia 30305 for nearest store.
Cotton beach umbrellas: $35 ea. Aluminum stands: $10 ea. At Design Research, NYC 10022.
"Majesta" cotton bath towel: Buttercup color. About $7. From the Utica Fine Arts Collection for J.P. Stevens.
"Town and Country" spatterware pottery: 12 oz. coffee mug, $4.50. 8" bowl, $10. Salt & pepper shakers, $7 a pr. All by Stangl Pottery.
"Old Westbury Satin" stainless steel flatware: 70 pc. set for 8, $80. By Oxford Hall Silversmiths.
Handkerchief print cotton napkins: 22" sq. $5 ea. By Frank McIntosh. At Henri Bendel, NYC 10019.
Red tray: 15½" d. x 2" h. $10.75. At Sam Flax, NYC 10022.
Antique spongeware pitcher: 9" h. $135. At Thos. K. Woodard American Antiques & Quilts, NYC 10021.
Blue and white accessories and baskets: At Ethan Allen Galleries unless otherwise credited.
Page 107, lower left, boys' bedroom
Captain's trundle bed: 85½" x 44" x 37½" h.
Roll-top desk: 41" x 21½" x 43½" h.
Captain's chair: 25" x 21" x 29½" h.
Chippendale wing chair: 33" w. x 44" h.
Swing-arm brass-finish wall lamp.
Accessories.
All by Ethan Allen. At Ethan Allen Galleries.
"Rio Grande" ¼" tropical hardwood veneered plywood paneling. Cloud White. By Georgia-Pacific.
Red vinyl tile flooring: By Eden Manufacturing.
"Shasta" woven wood Roman shades: By Kirsch.
Fabric on chair: "Sturbridge Plaid" cotton and polyester; 48" wide. 1½" repeat. Cherry color. About $8 a yd. By Waverly. At Ethan Allen Galleries.
AM/FM radio: 12¼" x 7¼" x 3⅛" h. Marine and public service bands. 3-way power. Earphone. $99.95. By Hitachi.
"Leopard Lovers" cotton and polyester sheets: Twin, about $4.99 ea. Pillowcases, about $4.49 a pr. By Gant Gaither for Tastemaker by J.P. Stevens.
Hudson's Bay Point virgin wool blanket: 72" x 90", $86. 90" x 100", $109. From L.L. Bean, Freeport, Maine 04033.
Toys: All at FAO Schwarz, NYC 10022.
Red lamp with base: $67.45. By Luxo. At Sam Flax, NYC 10022.
Page 107, lower right, girls' bedroom
Poster bed with curved canopies: 66½" long. 3'3" or 4'6" tall. Alabaster finish.
"Hampton" cypress green area rug.
All by Ethan Allen. At Ethan Allen Galleries.
"Homestead Plank" prefinished ¾" solid oak flooring: Wire brushed finish. Old English Mellow Brown color. Nail-down installation. Random lengths. Alternating widths. By Bruce Hardwood Floors.
Fabric for canopy and dust ruffle: "Pucker" cotton and acetate: 45" wide. By Norbar Fabrics*, Deer Park, N.Y. 11729.
Fabric for curtains and chair seat: "Vanessa" glazed cotton chintz: 36" wide. 21¾" repeat. About $6 a yd. By Cyrus Clark. At Macy's, NYC 10001; Woodward & Lothrop, Washington, DC 20013.
"Country Lace" cotton and polyester sheets: Twin, about $8.50. Pillowcases, about $7.75 a pr. By Suzanne Pleshette for the Utica Fine Arts Collection for J.P. Stevens.
White wicker bedside table: 27½" x 29" h. $330. **White wicker arm chair:** 28½" x 25" x 36" h. $275. **Patchwork pillows:** 14" sq. $48 ea. All at The Gazebo, NYC 10021.
"Carolina Lily" cotton patchwork quilts: 74" x 88" ea. c.1925. $895 a pr. At Thos. K. Woodard American Antiques & Quilts, NYC 10021.
Toys: All at FAO Schwarz, NYC 10022.
Shell-embossed ceramic lamp: 25" h. Pongee color. $185 ea. By Chapman.
Antique Wedgwood lettuce leaf plate: 7½" d. $45. Initialed antique needlepoint picture: 19¾" x 16". $225. Both at J. Garvin Mecking, NYC 10021.
Antique English needlepoint sampler: 21¼" x 26", c.1850. $280. At York House Antiques, NYC 10021.
WINE & FOOD
Page 119
Ovenproof pottery eggplant jar: 18 oz. $18. From the Bailey/Huebner Shop at Henri Bendel, NYC 10019.
Cotton and linen napkin: 19" sq. $2.25. By Katja Designs for Wellman. At Macy's, NYC 10001.
PRESERVING IN MINUTES
Page H8Z
"Carousel" turntable system microwave oven: 1.17 cubic ft. capacity. Automatic browning system. Two separate cooking programs with memory bank. Automatic start. Lighted digital time display/timer. Wood grain exterior. Stainless steel interior. About $640. By Sharp Electronics.

BUILDING DATA

Materials and equipment for the Gracie home on pages 76-77

ARCHITECT: Kenneth Lange, Elder Angell & Lange

MATERIALS
Family room floor: Mexican terra-cotta tile.
Kitchen floor: "Sundance" vinyl by Amtico.
Wall behind cooking area: Mexican terra-cotta tile.
Countertops: Custom butcher block, and white Formica by Formica Corp.
Cabinets: Custom-made of old barnwood.
Range hood: Custom-designed by architect.
APPLIANCES
Dishwasher by Maytag (custom paneled). Gas cooktop by Roper.

Materials and equipment for the Rivel kitchen on page 110
ARCHITECT: Roland Scharfspitz
DESIGNER: Rodica Brecher
MATERIALS
Floor: "Coronelle" vinyl Corlon by Armstrong Cork.
Countertops: Butcher block Formica by Formica Corp.
Cabinets: Custom made, faced with "Textolite" plastic laminate by General Electric.
APPLIANCES
Dishwasher by KitchenAid. Electric 6-burner cooktop: Custom made. Drop-in 2-burner electric cooktop/grill by Jenn-Air. Refrigerator and freezer by Amana. Ovens by Thermador.

Materials and equipment for the Elenson kitchen on page 111
ARCHITECT: Keith Kroeger
MATERIALS
Walls, shelves, countertops: Glazed 4" x 4" multi-colored tile from Elon Tile.
Floor: Unglazed Mexican terra-cotta tile from Elon Tile.
Cabinets: Custom made, Formica-faced
Banquette: Custom made.
APPLIANCES
Refrigerator with Formica door panels by Sub Zero. Counter cooktop and grill by Jenn-Air. Ovens by Thermador. Dishwasher with Formica front panel by KitchenAid. Sink by Kohler. Microwave oven by Litton.

Materials and equipment for the Mercer kitchen on page 112
ARCHITECT: Alfredo De Vido
MATERIALS
Floor: White hexagonal Italian ceramic tile.
Walls: Sheetrock by U.S. Gypsum.
Countertops: Micarta by Westinghouse.
Ceiling: Yellow tile by American Olean Tile.
Lighting: From Harry Gitlin.
Hardware: At Simon's Hardware.
APPLIANCES
Counter cooktop and stainless steel range hood by Thermador. Microwave Touch and Cook oven by Amana. Built-in oven by Frigidaire. Refrigerator by Whirlpool. Dishwasher and instant hot-water dispenser by KitchenAid.

Materials and equipment for the Strauss kitchen on page 113
DESIGNER/ARCHITECT: Melvin Dwork & Associates
MATERIALS
Floor and countertops: Glazed quarry tile by American Olean Tile Company.
Cabinets: Custom made. Lacquered finish.
APPLIANCES
Cooktop, grills by Jenn-Air. Refrigerator by Sub Zero. Stainless steel double sink by Elkay. Dishwasher by KitchenAid.
FURNISHINGS
Breakfast table by Melvin Dwork. Light fixture over table by Noguchi for Akari Associates. Chairs from Harvey Probber. Custom shades.

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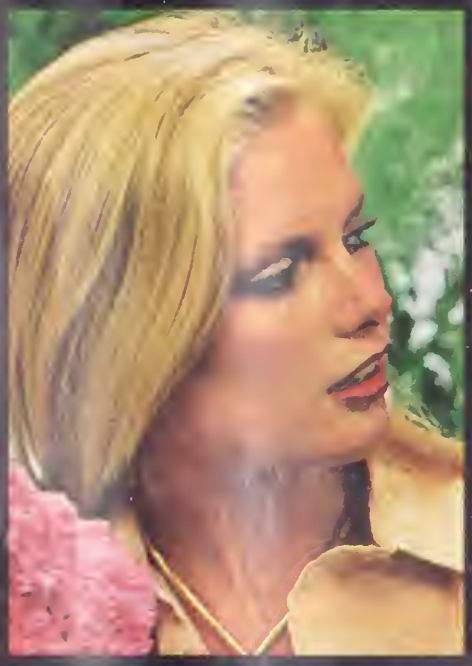

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09

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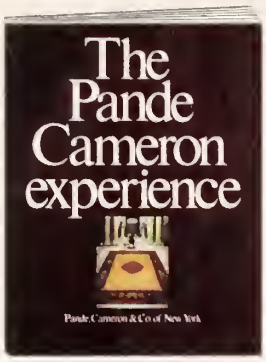

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Vol. 150. No

HOUSE & GARDEN®

SEPTEMBER 1978

Color revival, page 116

Color drama, page 126

Structural color, page 144

Apartment color, page 132

Indoor gardens, page 140

Pasta in a flash, page 160

DECORATING, ARCHITECTURE, BUILDING

70 How to prepare your walls for painting. By Mary Cole
86 Home improvement ideas for the house fixer
101 How to wallpaper a room. By Lorna Caine
112 Color for a lift
114 House & Garden's exciting new palette for 1979
116 Color for a change—how color in pattern and paint revived a Victorian house and made it young again
122 Color for compact living—how to expand a one-room apartment with fabric, wallpaper, nonstop spacemaking ideas
126 Color for a mood—sensuous pales for living, rich color for dining
130 Color for a shine—in a terrific kitchen, a new laminate with a surface of real chrome
132 Color for a whole new look
134 Brush up on paint
138 Color finds in House & Garden's new Pearls and Shells
144 Color from the outside in—architecture that's art
150 Love and the Orient—how a passion for Japanese design and crafts can transform a city apartment

CRAFTS

148 Quick knit throw

ANTIQUES

18 Questions & answers: Antiques. By Louise Ade Boger

FEATURES

12 Living. Edited by Paula Rice Jackson
50 How to outfox the inflation machine. An interview with Barry Bosworth by Caroline Seebohm
64 Electronic circuit. By David Lachenbruch
90 Energy update. By Jim Morgan
111 Color alive *(Editorial)*

WINE & FOOD

154 Meal in minutes
157 Bread in the round
158 Those magnificent men and their cooking machines
162 Beer—guide to a heady subject. By Anthony Dias Blue

GARDENING

30 Plants around the house. By Richard Langer
140 Anything grows—indoor gardens that keep the house full of summer all winter long
222 Gardener's notes. By James Fanning

BEAUTY AND HEALTH

24 Good looks & good health. By Paula Rice Jackson

TRAVEL

54 Going places, finding things. Edited by Nancy Richardson
New Orleans's best walks, eats, buys. By Bethany Ewald Bultman; Mexico City in a day and a half. By Dee Hardie

READER'S SERVICE

78 Dear House & Garden. By Margaret Morse
180 Shopping information
183 Shopping around with Audrey Nichols
187 Catalogue checkpoint
224 Best in booklets

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On the cover: "Walking into a room should be like discovering a garden in a forest—a surprise of color and feeling." That was the refreshment Mario Buatta had in mind when he filled this living room with blooming pastels and the touches of romance. Ming Green walls and ceiling get a subtle echo in the blue-gray Coury rug and the fabric's leaves; pink pillows and ruffled cushions accent the flower pattern and live well with understated lacquer tables, lots of flowers. Furniture by Century; "Amaryllis" by Waverly, inspired by The New York Botanical Garden. Painting from the Susan Caldwell Gallery. Accessories available through Mario Buatta, Inc. See shopping information, page 180.

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Saks Fifth Avenue

This month: A guide to classical radio, what to grow this fall, how to mend glass, books about health, folk art, living with pets and plants

LIVING

GARDEN ART

Grow geraniums in fall

SHEILA CAMERA

Frost closes the season on most flowers, but that doesn't have to mean the end of geraniums. They offer the unbeatable combination of sturdiness, variety, and beauty—plus year-round color. And unlike most of the flowering plants, geraniums seem to thrive on a carefree attitude from you, a lean diet, tight pot, and an occasional drink.

For continuous blooms take cuttings in late summer for winter flowering, February for summer flowering, and May for autumn color. Rooted shoots will grow in any reasonably good soil—moist vermiculite is best for starting them and they like lots of fresh air and sunshine. Keep geraniums cool in the evening; some will send out a few blossoms even if the night drops to a chilly 45°. When you water, do it in the mornings and avoid splashing the leaves. Nip out the tiny rolled stem tips to encourage branching. Two months before you want flowers, stop pinching and your geraniums will reward you with a potful of eye-catching color.

PENUAL ALLAN

Art & flowers

During the mid-19th century "tree peddlers" wandered through villages with news of fruits and flowers. Charles Ravenswaay, former director of the Winterthur Museum, has collected a series of the illustrations these men carried under their arms. The book is an inspiration to folk-art lovers, gardeners, and romantics everywhere. *A Mid-Nineteenth Century Garden*, by Charles Ravenswaay ($5.95, Universe Books).

Your health

For health and fitness enthusiasts everywhere, a new guide to achieving and maintaining your physical well-being—*The House & Garden Book of Total Health.* Some 50 nationally and internationally famous doctors, nutrition and exercise experts have contributed their knowledge on a wide range of subjects including the basics of weight control, improving outlook, the engineering and biomechanics of the body, and just plain getting organized. It's filled with practical informative tips; $11.95 by Putnam at bookstores or write Condé Nast Books, Box 3308, Grand Central Station, New York, N.Y. 10017. (Add 60¢ for postage.)

ROGER BESTER

What's in a name?

The subject is your first name . . . does it have a history, an unusual meaning, or is it an acronym? Publisher Jonathan David is updating a book called *The Dictionary of First Names* and the public is invited to send him unique, idosyncratic names and it need not be the name of a well-recognized person. Write Jonathan David Publishers, 68-22 Eliot Ave., Middle Village, N.Y. 11379. And, please, print legibly.

CHRIS REINHARDT

PEOPLE

'Tis a puzzlement

The toys and puzzles of William Accorsi have the visual activity of a circus. Even his studio is a toyshop laid out like a magic gallery. His new book, *Accorsi Puzzles*, will be published early this fall and it's filled with his humorous and sometimes startlingly complex works of art. Mr. Accorsi's sense of color is one of his trademarks: "My colors come from Pennsylvania where I grew up. The colors we saw were the colors of work—hot molten steel, or, in the summer, the colors of fireworks and carnivals. I've even named colors after towns where the color seemed to characterize an aspect of life as it is lived there—like Freeport Green, where the Allegheny flows or New Kensington Red, where the villagers have such quick tempers. There's a side to all this that's essentially playful, that appeals to the sense of fun in the psyche of everyone. Color is as good a means of reaching that funnybone as any other." *Accorsi Puzzles* ($9.95, Simon and Schuster) at bookstores.

It's the beautiful start of a fabulous dinner. Make it the best.

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LIVING

DESIGN NEWS

Slim down chair

It consists of two pieces: a simple armature of tubular metal and a zip-on piece of belt leather. A lower back support results from the ingenious stretch of leather between the frames. The "Cab" chair is designed by Mario Belini in black, red, or natural. $490. At Atelier International.

Your cats vs. your plants

If your beloved cat chews your prized house plants, don't give up the cat—or the plants. While Swedish ivy, coleus, and African violets won't hurt your cat, according to Dr. Jean Holzworth of Boston's Angell Memorial Hospital, it's best not to grow poinsettia, dieffenbachia, caladium, English ivy, philodendron, or Jerusalem cherry. And at Christmas time, Dr. Holzworth advises, forgo mistletoe entirely.

If your feline is a determined plant nibbler, protect it from your plants and vice versa. Hang the flora or try spraying plants with a solution of white vinegar and water—it won't hurt them. You might also keep your house plants in old-fashioned birdcages—very effective! PATRICIA CURTIS

HEALTH

Learning about blood pressure

Do you know what your blood pressure is or how to take it? According to the Community Hypertension Evaluation Clinics, a group organized by Ciba Pharmaceutical Company, 21 percent of the American adult population tested has high blood pressure. If you can read a thermometer you'll have no trouble with a sphygmomanometer, the gauge that measures cardiovascular pressure.

Buy a stethoscope with a flat-surfaced diaphragm and a sphygmomanometer with an aneroid gauge. Find them both at hospital supply stores.

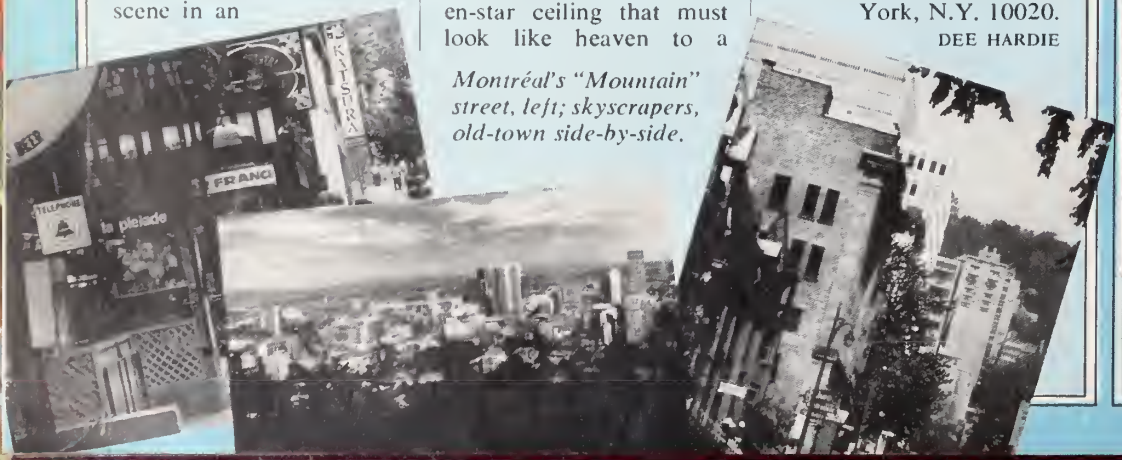
Deflate the cuff and wrap it around a bare arm keeping the lower edge of the cuff an inch above the elbow joint. Fasten snugly. Put the stethoscope in your ears and place the diaphragm just below the arm crease on the inside of the forearm. Close the valve by turning it clockwise and pump until the gauge reaches 180. Immediately open the valve so the pressure begins to fall. Listen for pulse beats. The reading at the first beat you hear is the "systolic pressure"—the highest pressure your heart creates inside the vessels. As the pressure continues to fall, notice the reading at which you cease to hear any pulse at all. That is the "diastolic pressure," the lowest pressure. The reading is reported as a fraction of high over low. These instructions are adapted from a new book *How To Be Your Own Doctor (Sometimes)* by Dr. Keith Sehnert (Grosset & Dunlap, $4.95).

DEPARTURE POINTS

C'est Montréal, mon vieux

"C'est incroyable!" as Hercule Poirot would say. We *drove* from Vermont to France. Magic? No indeed. Montréal! While visiting our son, a New England pioneer, we all decided to go on a weekend toot. One night we were sleeping in a Vermont cabin, the next, lounging in the Montréal Ritz Carlton. Even in Canada, Montréal is a foreign country, the second largest French-speaking city in the world. Montréal in the fall was uncrowded, cozy, misty, and Vieux Montréal, especially, looked like a scene in an Impressionist painting.

There are more than 4,000 restaurants in Montréal. We chose "La Marée," a splendid 18th-century house for seafood, "Les Filles du Roy," Québecois cuisine such as smoked ham in maple syrup, and "Chez La Mère Michel," because we heard it was a must. Here table candles sparkle from within old tin cheese graters, and the food is superb. For sights unseen anywhere, explore the old quarter. Notre Dame Cathedral has a glorious sky-blue and golden-star ceiling that must look like heaven to a child. Visit the Musée des Beaux-Arts, which has recently been renovated and is now a wide-open museum. In the evening, you can attend the very modern 3-hall complex of the Places des Arts, symphony, ballet, theatre. Ride the Metro *anywhere*. It's clean, silent, and each station has been designed by a different artist. Shop for Eskimo sculpture, prints, and drawings at the Canadian Guild of Crafts. For additional information, write to the Quebec Tourist Office, 17 West 50th St., New York, N.Y. 10020. DEE HARDIE



Montréal's "Mountain" street, left; skyscrapers, old-town side-by-side.

CIBA-GEIGY

JOHN MAY

"When I designed this apartment on New York's Central Park South, I made it seem like a place in the country. Nothing trendy. Just an easy, comfortable atmosphere. Good, clean-lined oak. A wall of books. It's just the kind of straightforward environment my client, Norman Cousins, thrives in. And that's my design philosophy—to make a person at home."

We at Century Furniture are very pleased that John May, A.S.I.D., chose a coffee table from our Candlewood group. If you would like to see more Century furniture, including our upholstery, send for our Century booklet. Enclose $1.00 with your name and address to: Century Furniture Co., P.O. Box 3427, Dept. H-4, Hickory, NC 28601.

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LIVING

Let there be music

"Musica," Ben Jaeobs's third guide to elassical musie radio stations across the country, has grown to include over 1000 AM and FM stations in all 50 states, Canada, Puerto Rieo, the U.S. Virgin Islands, and Guam. It lists stations by state and city, eall letters, and schedules. Musica, Box 1266 (G), Edison N.J. 08811; $4.50 ppd.

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SHEILA CAMERA

On the scent of woodruff

Sweet woodruff is a popular European herb whose annual arrival in May wine is greeted by imhibers with either love or hate. Sweet woodruff is also an excellent addition to potpourri, imparting a glorious new-mown hay fragrance to sachets. Unlike most herhs, sweet woodruff will grow without *any* direct sun. It prefers shade, growing naturally in the darker eorners of woodland glens. Soil should he acid and light. Mix half sphagnum moss with half standard potting soil, and toss in a tablespoon of soggy tea leaves per pot. Be sure soil never dries out and stick potted plants on a back porch or in an unheated garage in November or Deeember. A short freeze keeps it growing as a perennial, also assures you of delicate white flowers the next year. As to May wine—add a few semidried leaves to white wine. RICHARD LANGER

WHAT'S GOING ON?

Hartford: An east-west tour of "born-again" neighborhoods, ealled *At Home in Hartford*. A faetory warehouse turned luxury apartments; a row of 19th-eentury brownstones restored. Oct. 14-15.

New York: At the Metropolitan Museum of Art, two dazzlers—the opening of the *Temple of Dendur*, Sept. 27, *Avedon at the Met*, a 30-year retrospeetive of his photography, Sept. 14; *Zubin Mehta's return* as conduetor of the N.Y. Philharmonie, Sept. 4, on radio "Live from Lincoln Center," Sept. 20; Stephen Speetor's glamorous new restaurant, "Claude's."

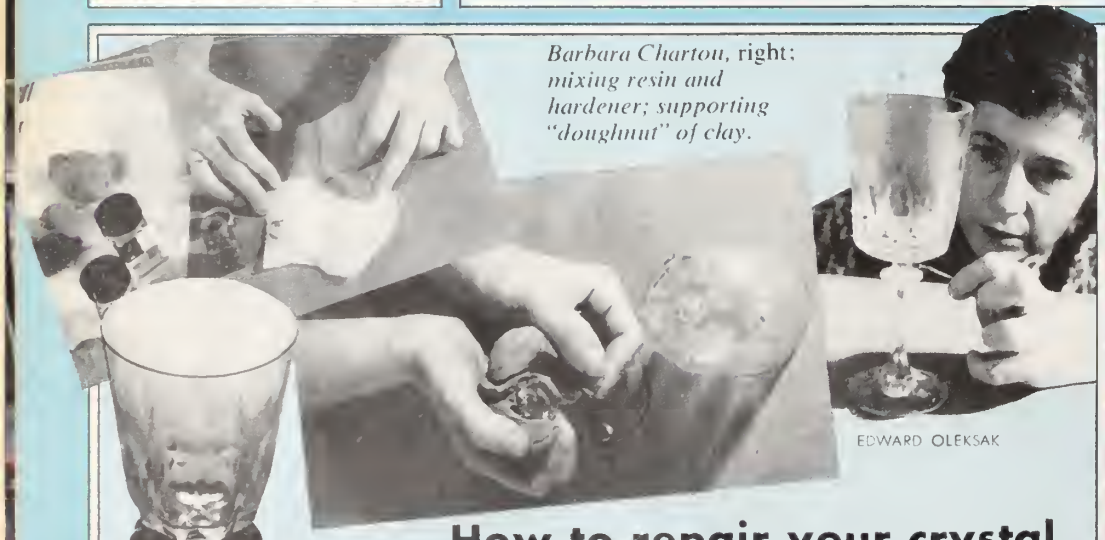
Baltimore: *The Skipjack Races* at Deal Island—North Ameriea's only professional working sailboat fleet. Sept. 4; *The Baltimore City Fair*, at the 80-aeres-large Inner Harbor. Sept. 10-15.

Winston-Salem: The 15th annual *Piedmont Crafts Fair*, one of the U.S.'s major exhibits of pottery, weaving, hatik. Nov. 3-5.

Philadelphia: The Vietorian Soeiety of America Symposium: *special furniture seminars* on Ohio, Louisiana, Minnesota, and Montana. Oet. 26-29.

San Francisco: *City Hall Dome*, below, has been designated a historic district by the National Regis-ter, important proteetion in a eonstantly growing eity; the new ehareuterie and patisserie "La Bourgogne" for the best "hand / homemades in town."

JAY TURNBULL/HERITAGE



Barbara Charton, right; *mixing resin and hardener; supporting "doughnut" of clay.*

EDWARD OLEKSAK

How to repair your crystal

Be nice to your glassware; it's very unstable. Contrary to all sensory evidenee, glass is a liquid which beeomes a solid through the slow process of erystallization. Repairs are most successful if the glass is opaque or, if the break oeeurred at a joint, say the stem of a goblet. Aerylate resin will glue glass with a transparent, permanent hond that is both hot-liquid and dishwasher safe.

Assemble the fragments and wrap them in lintless tissue. You'll notiee the glass is slightly tinted blue or green. Resin yellows with age, so add a slight tint to it hy adding a hint of glaze eolor. Use small quantities of resin and hardener, and, sinee euring takes only 8 minutes, speed is important. When working on small areas, you'll need additional support; use modeling clay to make a "doughnut" and let the larger piece rest on it while the resin adheres. Glue fragments one at a time, doing only one or two pieees a day. Trim excess with an "X-Acto" knife or razor edge and hurnish the mend with a cloth. Resin, hardener, and glaze eoloring are available in the Masters Mending Kit at art-supply stores aeross the country. BARBARA CHARTON

The spirit of the Czar lives on.

It was the Golden Age of Russia. Yet in this time when legends lived, the Czar stood like a giant among men.

He could bend an iron bar on his bare knee. Crush a silver ruble with his fist. And had a thirst for life like no other man alive.

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By Louise Ade Boger

ANTIQUES

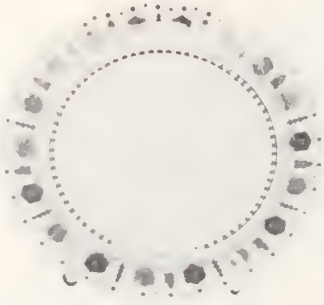
QUESTIONS & ANSWERS

GOLDEN OAK ROCKER

Q. *Do you know anything at all about the background of my old rocker, which I've photographed?*

B.J.A.—Seffner, Fla.

A. Your rocking chair was widely popular in our country about 1900-1915, the so-called Golden Oak era, and is a pleasing example of this class. The 1902 edition of the Sears Roebuck Catalogue illustrates a number of these chairs ranging in price from $1.50 to $4.35, and describes one example of them as "A most ornamental and durable addition to parlor or library."



RUSSIAN PLATE

Q. *My plate was made in Russia by the Kornilov Bros. Can you tell me about them?*

J.C. Mc.—Victoria, Canada

A. Your dish was made at a porcelain factory started at St. Petersburg in 1835 by Mikhail Savinovich Kornilov. Some of the finest 19th-century Russian wares were produced here. From 1893 to 1917, the factory was under the name of the Kornilov Brothers. The kiln built in 1896 was the largest in Russia.

GERMAN VASE

Q. *I've photographed my vase and its mark and would like to find out where and about when it was made.*

D.T.—Bradenton, Fla.

A. According to the mark, your vase was made at a German porcelain factory started in 1926 by Heinz Schaubach at Wallendorf in the Thuringian forest, which, through the years, has been an important center of small industries. Glassware, earthenware, meerschaum-ware, iron castings, and toys are among its products.

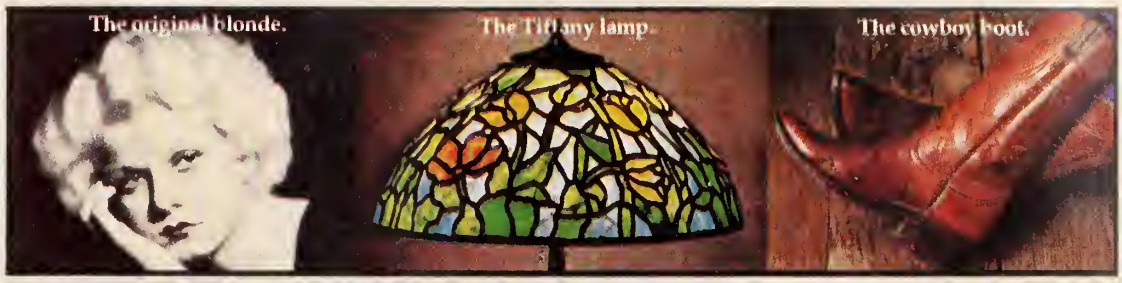
ORGAN BANK

Q. *Can you tell me anything about the origin of my old bank? It has a monkey, cat, and dog on top. When you turn the crank, a chime of bells rings, the dancing figures on top revolve, and the monkey doffs his hat and deposits the coin.*

P.R.—Santa Fe, N.M.

A. Your mechanical bank, bearing the name "Organ Bank" on the front, was patented June 13, 1882, and was manufactured by Louis Kyser and Alfred Rex of Philadelphia. This bank is illustrated in the 1895 Catalogue, No. 57, of Montgomery Ward: ". . . weight 3¾ lbs. Each $0.85. This bank is too heavy to go by mail." *Continued on page 22*

A CLASSIC IS ORIGINAL NO MATTER HOW OFTEN IT'S IMITATED.



Like all genuine classics, Reed & Barton's Francis First sterling has been imitated many times, but never equalled. Designed in 1907, it has remained unique because its designer had an ingenious concept: to design Francis First as a single pattern with fifteen subtly different clusters of fruits and flowers which vary from piece to piece.

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You choose a silver pattern only once in a lifetime. So make sure it's a great one, a classic that will grow more beautiful and more valuable with time. And to find such a pattern, you need only look for the Reed & Barton name.

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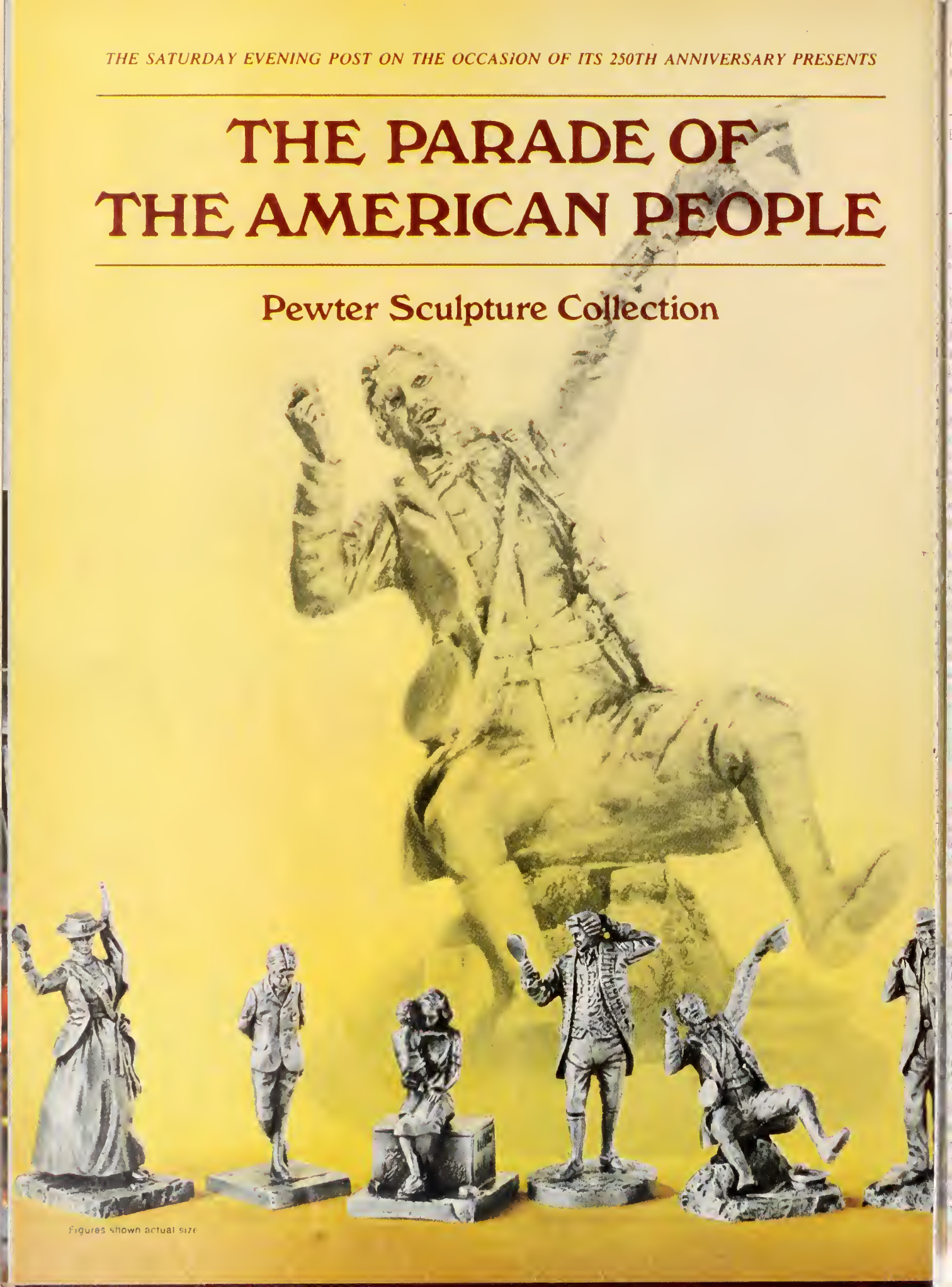
THE SATURDAY EVENING POST ON THE OCCASION OF ITS 250TH ANNIVERSARY PRESENTS

THE PARADE OF THE AMERICAN PEOPLE

Pewter Sculpture Collection



Figures shown actual size

The men and women of each decade of American life–from early Colonial days to the 1970s captured in the inimitable style of The Saturday Evening Post, in a unique collection of miniature pewter figures.

Examine the first figure in your home without cost or obligation.

Your order must be mailed by September 30, 1978.

For 250 years, The Saturday Evening Post has been recording the American scene with its remarkable portrayals of Americans in every walk of life. Often catching us unaware. Revealing our strength. Our pride. Our follies and our foibles. All of the human qualities that go to make up the essence of the American character.

Now, on the occasion of its 250th anniversary, The Saturday Evening Post will issue a collection of miniature pewter sculptures that capture forever the rich and varied panorama of American life–from the Post's unique viewpoint. And you can examine the first sculpture in the collection without cost or obligation.

This collection, entitled *The Parade of the American People*, portrays the men and women of America through each of those twenty-five memorable decades. Our colonial ancestors, both pious and pompous. The courageous men and women who opened up the frontier–and those who stayed at home. The way we adjusted to the changing scene–the coming of the railroads, votes for women, the jazz age, radio and television. All captured with love, with faith–with the unique Saturday Evening Post touch–in these miniature pewter sculptures.

Each decade will be represented by two figures: a man and a woman, costumed in the dress of that decade, and portrayed in a manner reminiscent of that time. The result is a collection that will bring back the aura and atmosphere of *each* fascinating era of American life.

The people of America— in inimitable Post style

Each of these miniature pewter figures captures the feeling of the time which it represents . . .

The pompous Colonial merchant adjusts his wig and smugly admires himself in the mirror.

The Revolutionary War soldier pauses to pray during the long and hard winter at Valley Forge.

The pretty Southern belle, in an enormous hoop skirt, causes a minor furor when her frilly crinoline is upturned by a mischievous puppy.

A flapper of the Roaring Twenties borrows her beau's prized Stutz Bearcat –only to wind up pumping a flat tire.

The World War II G.I. "fights" the enemy and a pile of unpeeled potatoes!

And a young mother of the 1950s frantically searches through her copy of "Dr. Spock" for the answer to her little one's sobs.

Sculpted in meticulous detail

Each of the fifty figures will be an original work of art, created *exclusively* for this series by Ronald Hinote, one of America's most distinguished sculptors of miniature figures. Hinote's work is widely admired for its artistic quality as well as its devotion to accuracy.

Each article of clothing . . . each pose . . . each facial expression will be clearly portrayed–all the more remarkable considering the size of each figure. And each figure will have a special *style* about it–a lightness of spirit or a moving and inspiring quality–that has always typified the Post's approach to life.

You'll actually be able to see the bouquet of daisies held by the blushing young lad on his first date. The cartridge belt worn by the cowboy as he relaxes, secretly reading his favorite *poetry*. The frilly pantaloons worn by the Southern belle. Every detail will be captured with skill and artistry in these superb miniature figures.

To make certain that the figures are crafted to the highest standards of quality, The Saturday Evening Post has appointed The Franklin Mint to produce them. Each figure will be *hand-finished* to bring out every feature of the sculptor's work and the rich lustre of the metal.

Lasting beauty and rarity

Since *The Parade of the American People* will be produced in a single strictly limited edition, it will have assured rarity. There is a limit of one subscription per person, and the total edition will be forever limited to the exact number of individuals who subscribe by the deadline date of September 30, 1978.

To add to its artistic value, each figure will bear the distinctive signature mark of the sculptor as well as the prized mintmark of The Franklin Mint.

As a subscriber, you will receive these handsome figures at the convenient rate of one each month. The price for each pewter sculpture is just $19.50, and you will also receive, without additional charge, a hardwood five-tiered cabinet–custom-designed to display the complete collection on the wall or on a tabletop. In addition, a fascinating commentary will be provided with each figure. And a *special magnifier* will also be sent for close-up examination of each figure.

Examine the first figure without cost or obligation

By special arrangement, The Franklin Mint will make the first pewter figure available for examination, on a strictly limited basis. If you wish to take advantage of this unique opportunity, you must respond by September 30, 1978.

The first figure–*Colonial Pride*–will be sent to you without any advance payment and you may keep it in your home for 10 days. Only then need you send your payment for it–and subsequent figures will be issued at the rate of one per month. Should you decide not to keep the first figure, you may return it within 10 days. It will then be destroyed to protect the rarity of the collection.

To examine the first figure, mail the form below to The Franklin Mint by September 30th.

A handsome hardwood five-tiered cabinet will be provided for display of the complete collection of miniature pewter figures.

ORDER FORM

THE PARADE OF THE AMERICAN PEOPLE

Pewter Sculpture Collection

The Franklin Mint
Franklin Center, Pennsylvania 19091

Please send me the first miniature figure in The Saturday Evening Post's *Parade of the American People Pewter Sculpture Collection*. I understand that I may examine it in my home for 10 days without cost or obligation. At the end of that time, I have the privilege of returning it and canceling my subscription if I wish. Or I will keep the figure and pay $19.50* for it and for each of the subsequent 49 pewter figures in the collection, as they are sent to me at the rate of one per month.

**Plus my state sales tax*

Signature _____
ALL ORDERS ARE SUBJECT TO ACCEPTANCE

Mr.
Mrs.
Miss _____
PLEASE PRINT CLEARLY

Address _____

City _____

State, Zip _____

Limit: One collection per subscriber
Must be postmarked by September 30, 1978

ANTIQUES

continued from page 18

AMERICAN LAMP

Q. *I'm seeking the origin of the lamp which was recently given to me. The shade is signed "Handel." Can you help me identify him?*

A.L.—Schenectady, N.Y.

A. Philip J. Handel, who in 1885 established the Handel Co. in Meriden, Conn., and by 1900 had opened a branch factory in New York City, made your table lamp with a solid glass shade decorated with reverse painting, about 1910. The floral designs have considerable depth and lovely coloring.

OLD CHELSEA MARK

Q. *From this mark, are you able to identify the maker and age of my dishes?* **R.R.—Santa Monica, Calif.**

A. According to the markings, the Staffordshire potters, Furnivals, Ltd., registered your pattern "Old Chelsea" at the British Patent Office about 1911.

BOSTON BEAKER

Q. *When and by whom was my silver cup made? The first initial on the marking is "H" but the second isn't clear—possibly a "B" or "F."* **H.A.K.—Decatur, Ill.**

A. Your extremely simple and well-proportioned small beaker is perfectly in accord with the classical taste of the 1790s, which is about the time it was made. The maker could be one of two Boston silversmiths—either Henry Farnam working 1798-1816 or Henry Bailey working 1800. To be sure, the initial marks would have to be examined by an expert.

CONNECTICUT CLOCK

Q. *The label on my clock says "Mascot—Mfg. by the E. Ingraham Co." Have you any further information about it?*

H.S.K.—Kennett Square, Pa.

A. The E. Ingraham Co. of Bristol, Conn., manufactured "Mascot" about 1885-1890. It was a premium or special order clock and was not included in the regular Ingraham line. Its price was about $5 when new.

ANTIQUERIES

Copies of Louise Ade Boger's book, *House & Garden's Antiques: Questions & Answers*, which contains more than 900 fascinating items chosen from past columns, all conveniently arranged by category for easy reference, can be purchased for $11.95 a copy, plus 45¢ to cover the cost of postage and handling. To order a copy, please write to: Condé Nast Books, Post Office Box 3308, Grand Central Station, New York, N.Y. 10017, enclosing your remittance and correct mailing address.

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From top to bottom:
Paul Revere bowl in silverplate.
Da Vinci 5-pc. place setting in stainless.
Two-light candelabra in silverplate.
Act I hostess set in stainless.
American Colonial carving set in stainless.
Shell serving dish in silverplate.
Bennington 4-pc. coffee service in silverplate.
Appliqué serving spoon and fork in stainless.
Louisiana 4-pc. fruit spoon set in stainless.

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GOOD LOOKS & GOOD HEALTH

Exercise: Getting it off the ground

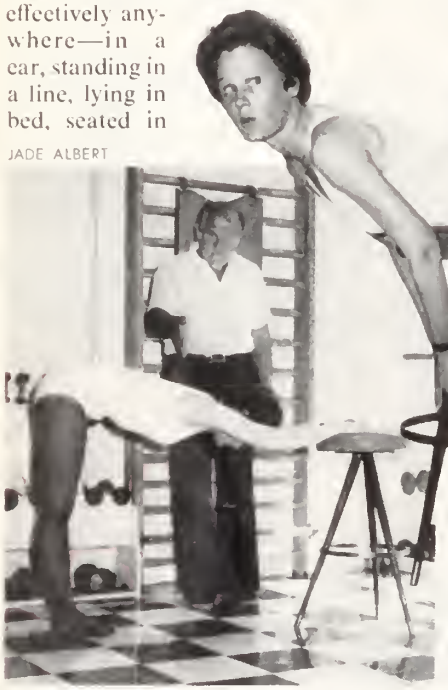
Nicholas Kounovsky + kitchen stool = 6 minutes to fitness

By Paula Rice Jackson

"Many people think you have to have one special place to exercise," says Mr. Kounovsky. "Of course, it's lovely if you can go to a gym, or a spa, or a club, but I prefer to think that exercising is a state of mind and that you can do it effectively anywhere—in a car, standing in a line, lying in bed, seated in an armchair, or at your office desk. It's one of the principles in my newest book *Instant Fitness*. Now, one of the places we all spend a lot of time in is the kitchen. This is the case for both men and women. I prefer not to stand in one place or in one position for any length of time, whether I'm cooking, peeling vegetables, whatever. The most comfortable way for me to work is to have a hip-high stool to sit on, so that the weight comes off the lower spine. When you are standing without moving, that small of the back is compressed and it sometimes results in fatigue stemming from the lack of movement and therefore poor circulation. A bar stool or a hip-height stepladder with a hinged lower step is all you need to turn your kitchen or any room into a gym. Get a stool with a slightly padded seat and a footrest that connects with the stool's legs. Don't get a stool that feels wobbly or shimmies when you put your weight into it.

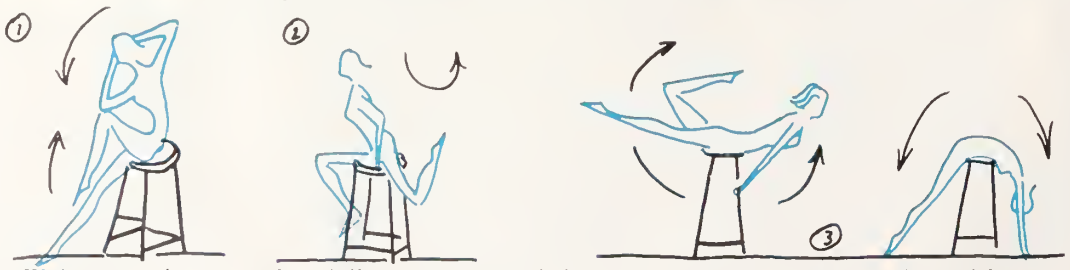
"The six exercises to do on a stool are all movements that contain the six elements of fitness I call 'Sixometries': endurance, suppleness, equilibrium, speed, strength, and coordination. These are the links of the "fitness chain" and every movement you make during the course of an exercise program should be calculated to develop them. *(Continued on page 26)*

JADE ALBERT

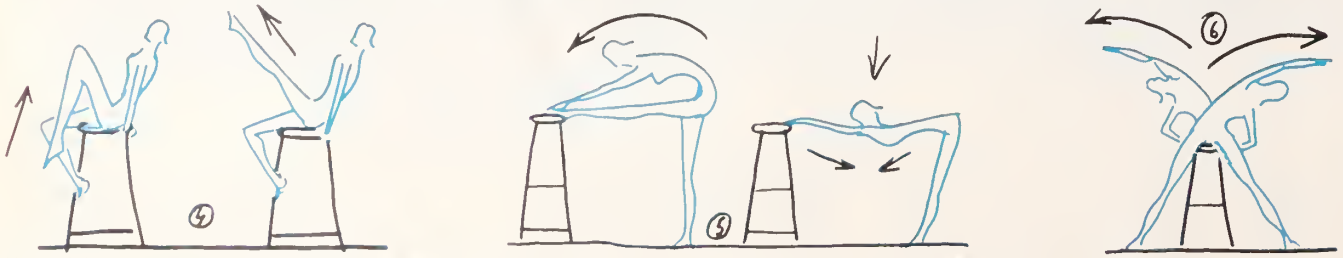


Above: *Nicholas Kounovsky at the Kounovsky Physical Fitness Studio in New York explains stretching the lower back to beauty editor Paula Rice Jackson, using the stool as a reference for both stability and level.*

Editor's Note: *For thirty years, Nicholas Kounovsky has been America's grand master of fitness. Three books, magazine articles, radio and TV appearances have made his work known to millions.*



Waist twist alternating knee/elbow. Knee stretch leaning forward. Torso stretch, bended knees.



Knee lifts and extends, straight back. Thigh stretch, torso forward; lower back stretch. Waist stretch; hand supports body.

Our soap has nothing to hide

This is what a bar of Neutrogena® looks like. Nothing fancy. No decorator shapes, swirls of color, room-enveloping perfume, or monograms. Just an unadorned bar of pure amber, so clear you actually can see through it.

But this soap can do more for your sensitive, dry, or touchy skin than the most elaborate cosmetic soaps on the market.

Why? Because Neutrogena is painstakingly formulated to be kind to sensitive skin.

Known irritants are screened out of our formula and its unique, mild, heavy-molecular structure is balanced to permit it to remove surface dirt and makeup *without* penetrating the skin's sub-layers and robbing them of oils and moisture. Unlike so-called "deep-pore" cleansers, it isn't made to de-fat the skin.

When you first try Neutrogena, you'll notice that it dissolves more easily than any soap you've ever used.

That's because it doesn't have hardening agents. And because its special formula makes it liquefy when it meets water so that it rinses off completely. This unique solubility is why we can promise that your face won't feel tight and dry after washing. When you wash with Neutrogena, there's no significant soap residue left on your skin. Your pH balance, then, returns to normal more quickly.

Dermatologists, allergists and plastic surgeons recommend our allergy-tested soap because it does one thing and does it well. It *cleans* your skin effectively, yet mildly, and without irritation, when used properly.

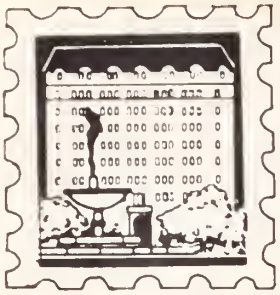
And in a number of medical cases, Neutrogena Soap has been used for cleansing where other soaps could not be tolerated.

What's more, Neutrogena is carefully tested, undergoing many of the tests done for prescription drugs. Its natural ingredients, like beef tallow and coconut oil, meet USDA Food Grade standards. Even astronauts aboard Skylab in outer space used Neutrogena because of its mild, non-irritating qualities. (Imagine an astronaut with a skin rash and you see how important a soap can be.)

Even if you're not an astronaut, whatever your skin condition, Neutrogena has a soap specifically formulated for you. For dry skin, Neutrogena Dry-Skin Soap. For normal sensitive skin, original Neutrogena Soap. For perfume-sensitive skin, Neutrogena Unscented Soap.

In an era when you have a right to be suspicious about the claims products make, our soap has nothing to hide. Try it. Your skin will have nothing to hide, either.

© Neutrogena Corp. 1978



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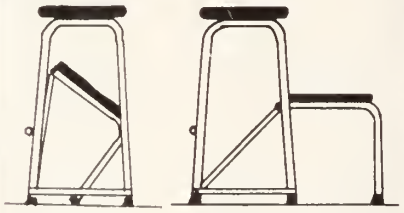
GOOD LOOKS & GOOD HEALTH

continued from page 24

Your well-being and esthetic sense of yourself depends on them. Physical fitness enhances your sense of balance, your degree of fitness often expresses itself through your moods, the truth is that there is really very little that doesn't find some way to tell you what kind of shape you're in—from your breathing to your ability to relax. Some would say that the health and fitness boom in America is in its infancy. I'm happy to say that I think it is in its pregnancy. There are enormous strides yet to be made for all of us toward finding individual fitness programs that give pleasure while they discipline the body."

Kounovsky's Nak-stool

Below is a sketch of the exercise stool Mr. Kounovsky is in the process of producing. You may be able to buy one next year. In the meantime, be sure that the stool you get has rubber tips on each leg to prevent skidding, has a footrest and also has a slightly padded seat to make movements on your stomach comfortable.



NICHOLAS KOUNOVSKY

Beauty and health products new this month in the stores

Soft, pretty makeup for the new and narrow clothes this fall is based on wines, berries, and hues of polished wood. The idea is to get a look glowing from the subtle stains of nature. The *Charles of the Ritz Group* has created an especially lovely combination of wines, coppers, and violets it calls **Country Cordovans,** and other colors are paired into two overall looks: "Wine" and "Copper." Violet and blue-violet are used as neutrals with the wine and copper shades—colors you probably already have in your makeup wardrobe. A new eye-makeup formula called **Eye Shadow Pommade** comes in Boysenberry, the violet, and Inkberry, a deeper violet. The Pommade is slightly thicker than cream shadows and this one won't melt, crease, or lose its staying power. Since both colors are quite sophisticated, use them with a light

Continued on page 28

"If I didn't do the best with what I have, I'd be letting myself down."

Dodie Nilsson is a woman who has taken charge of her life.

She's at that marvelous age when, having learned and grown, she can say, "I have to make my own self-image and not rely on others."

She believes that "you have to say to yourself, 'You *are* pretty. You *are* terrific. Keep going. Because no one's going to do it for you!'

"You have to give yourself your own pats on the back."

Dodie thinks that how you feel about yourself shows in how you look. And facial expressions have a lot to do with it. For example, when you're happy, people see it on your face. And when you're fearful, people see that, too.

"...I wear my face every day of my life. So, it's more important than any stitch of clothing I can put on."

Dodie's skincare regime includes Oil of Olay. The main thing she likes about it is that "it isn't greasy.

"That's a really big plus because then my make-up doesn't look shiny. I've experimented with creams, but Oil of Olay is definitely the best. It settles my make-up and it makes my face soft and smooth."

In the end, she feels that with continued good care, her skin should have a kind of youthfulness to it.

"If my skin is good now, I don't see why it shouldn't continue to be."

Dodie Nilsson won't always be young. But she won't have to look back and wonder why she didn't take better care of her skin.

Beauty tips

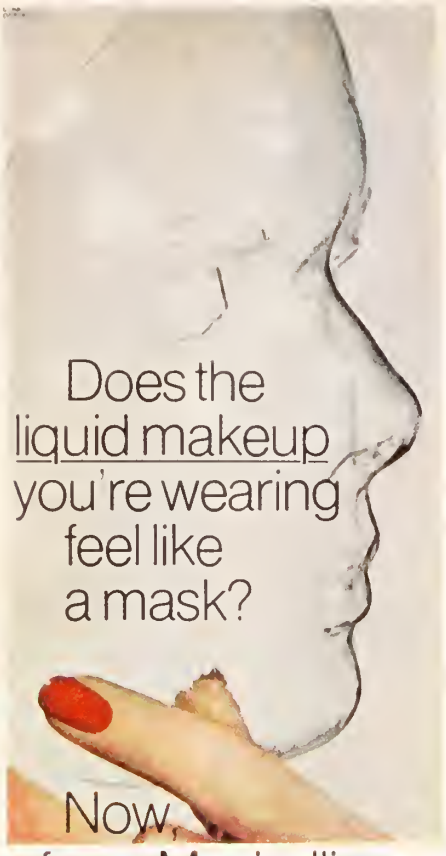
1 For a better complexion, deep-clean your face once a week. Fill a bowl with boiling water. Put a towel over your head and place your head over the bowl for three minutes. You'll notice how much fresher your skin looks the very first time. When you're through, smooth Oil of Olay on your face.

2 A must for great-looking skin: enough rest. If you find you don't get enough at night, try a half-hour nap sometime during your day. You'll be amazed at how much better you look and feel afterward.

3 A tip we heard from a make-up expert: apply Oil of Olay every time you make up. It keeps make-up looking fresher. Prevents caking and streaking. Oil of Olay's special emollients soothe dryness, sink into your skin. And leave no trace of greasiness.

(Advertisement)

– Dodie Nilsson
Toronto



Now,
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a silky liquid
makeup that
really feels as
good as it looks!

'Moisture Whip'® Liquid Makeup has a delicate feel—doesn't feel taut or dry. Continuous moisturizing action helps keep skin supple, protected, glowingly fresh. In 6 fresh shades.

'Moisture Whip' Liquid Makeup

Maybelline

Fine make up sensibly priced

GOOD LOOKS & GOOD HEALTH

continued from page 26

touch for an effect that looks very new with your end-of-summer colors. And if you want a makeup that goes on in one-easy-swoop, for your cheeks, forehead, chin, and mouth, try the new **Ritz Cheek Sticks**, which come in marvelous wines and coppers. Eye Shadow Pommade, $5.50; Ritz Cheek Sticks, $5 each; at fine department stores everywhere.

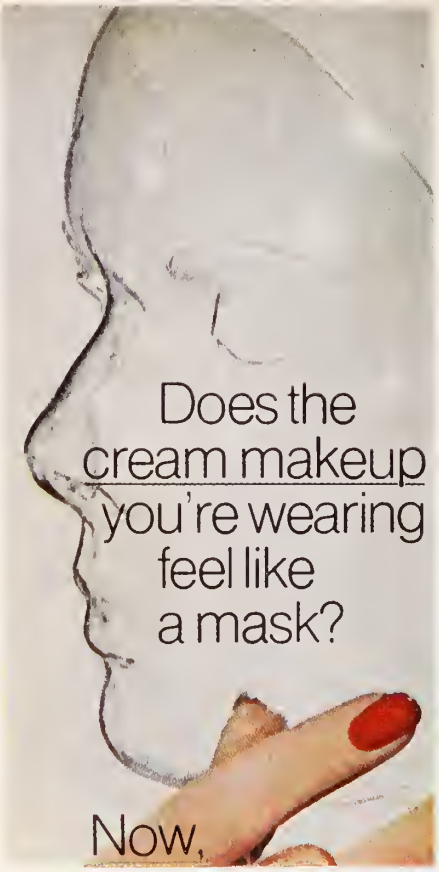
End-of-summer hair prescription: the four new shampoos that carry one of the great names in hair care and restoration —**Condition.** *Clairol* has developed four 99 percent oil-free formulas that are protein-enriched, leave hair feeling light, clean, and revived. $1.90 for a whopping 16 ounces at drugstores and supermarkets.

Polished Performance is a new group of twelve liquid makeups that do more than give your skin an exquisitely finished look. They contain a moisturizing protein complex that helps reduce dryness, a sunscreen to protect skin from normal, everyday sun exposure, and a new ingredient that helps skin retain oxygen from the surrounding air while it diminishes the effects of airborne pollutants. They've made a liquid mantle for your face. Polished Performance Liquid Makeup by *Estée Lauder*, $17.50 a 1.75-ounce bottle, at fine department stores across the country.

Here's an end-of-summer bargain you ought not to miss: **Mini-Travel Kits** from *Orlane*. Each one is three products for cleansing or treatment, or toning in four skin types. For dry skin, Integrale; for maturing skin, B-21; for a no-fuss healthy-looking glow, Royale Gelée; and for a simple, clean morning makeup, Morning Beauty. The kits cost $7.50 each—a great money-saving way to introduce yourself to one of the finest treatment house's products. At selected department stores. PAULA RICE JACKSON

Your fragrance and herbal almanac
The sign: **Virgo**
Circa: August 23-September 22

Sweet marjoram was a favorite strewing herb on the floors of medieval houses. Crushed underfoot, the gray-green foliage released fragrant oils. Handfuls of marjoram rubbed on furniture cleaned and polished the dark woods in Tudor and Stuart times. Today rooms are scented with candles instead—some come in wonderful ceramic pots—scents like **Pot Pourri** and **Cypress** by Rigaud. More aromatic herbs identified with Virgo are fennel and delicious tarragon. Clear fragrances for Virgo—new **Coriandre** from Jean Coutrier and **For Men** by Balenciaga. MARIA REACHI



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'Moisture Whip' Cream Makeup

Maybelline

Fine make-up sensibly priced

STANLEY INTRODUCES FURNITURE FOR MRS. MEG HEALEY.

Chatham, New Jersey

You'd think Stanley had read my mind. I mean, their Simplicity collection is like a dream come true. It starts with a mix-and-match wall system that gives me all the storage I've ever wanted. And you never have to fasten it to the wall . . . hidden levelers and clamps keep it straight and steady. Along with these modules go marching tables and chairs, dressers, and chests for lovely dining, living, and bedrooms. But best of all, Simplicity's real! All wood, with gorgeous elm veneers, and so reasonably priced. It's the kind of furniture I've always talked about. And Stanley heard me!

Manufacturer's suggested retail price for the dresser shown is under $425. For a free brochure on Simplicity, write to Stanley Furniture, Dept. J 3, Stanleytown, Va. 24168.

Stanley Furniture
a Mead Company

PLANTS AROUND THE HOUSE

Post-summer house-plant checkup

After summering outdoors, check plants for pests, prune, and help them readjust indoors

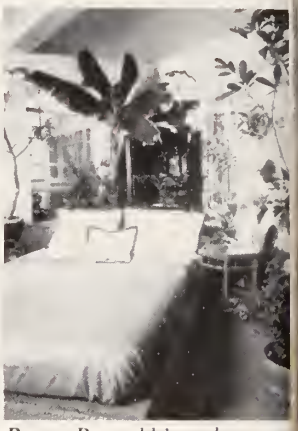
By Richard Langer

With autumn on its way, vacation time is over for house plants that have summered outdoors—on the porch, beneath a tree, or in whatever other semisheltered location you found for them at the beginning of the season. Now, before there's any chance of frost, is the time to bring them indoors again.

Relocating a plant means more than simply picking up the greenery and putting it back in its former indoor haunt. To do only that is to invite an invasion of pests. Check the pots over carefully for slugs and snails and their eggs. They're apt to be found hiding around the drainage holes. If you buried the pots in the summer garden to keep the plant roots cool, however, these pests might be anywhere in the crockery, particularly along the inside rim. One way to make sure your pots harbor no strangers when they enter your house is to exchange them. Knock the plants out of their pots and slip them into fresh ones the same size as the old. Since you're not potting a size up—plants temporarily slow their growth almost to a standstill when brought indoors, so there's nothing to be gained by potting them up to larger containers—the repotting process takes only a minute or two. The emptied pots can then be sterilized and put away for springtime use again.

Next, remove all the damaged foliage. Whether it's due to sun scald, a bit of dehydration, or insect damage, there are usually a few marred leaves on any pot plant that has spent the summer outdoors. No use bringing the damage indoors. Any part of the plant that has suffered even slight injury will deteriorate quickly inside, so prune it away. However, don't give your plants a heavy pruning back to shape them now. That's a springtime task. In fall, the plants are planning to take a rest from growing, so they will not fill out empty spots left after severe pruning. For the same reason, cut back on fertilizing when you bring the plants indoors. You can safely stop fertilizing altogether until February, except for those plants you're forcing into bloom for the holiday seasons ahead.

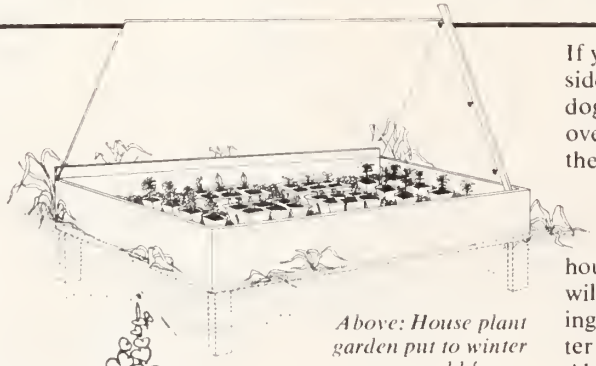
Then there's the question of earthworms. Personally, I consider these wrigglers splendid creatures and encourage their frolicking about my garden. However, some people feel they are inappropriate in potted plants. Chances are they will expire naturally a few weeks after the potted plants are brought inside. But should you wish to make sure there are no incoming crawlers—and in garden-situated pots their presence is almost inevitable as rich potting soil is as close to paradise as a worm can envision—it's a simple matter to arrange for their evacuation. Submerge the pots up to their rims in a bucket of water for six hours or so. Any worms, and most other insects residing in the soil, will swim for it. Another benefit of dunking is saturation of the porous clay pots (if that's the kind you use, and my own feeling is *(Continued on page 32)*



Renny Reynolds' garden bedroom. Patino-Wolf

EASY TO BUILD HOUSE-PLANT GARDEN

Below: Wooden frame planted with gravel for house plants summering outdoors.



Above: House plant garden put to winter use as a cold frame for seedlings.

If you didn't put your house plants outside this summer because the cat or the dog or the wind always knocks them over, or you forget to water them when they're beneath the bushes (and you know a potted plant outside will often dry out almost overnight), well then, consider building a house-plant garden for next year. It will solve those problems, and gardening's quiet months of autumn and winter are a good time for the project. Also, by having it ready before spring, while it's still too cold to set out the house plants, you can double its use—fit a plexiglass cover over it and you have a cold frame for starting garden seedlings.

Essentially all you need is four boards, which you nail together to make a rectangular form, and some 2-by-4s to extend down from the corners like table legs. A convenient size for a frame is 4 feet long by 2 feet wide by 1 foot deep. Paint all surfaces well with wood preservative to prevent rotting.

Next spring, choose a somewhat sheltered spot *(Continued on page 178)*

SUSAN McNEELY

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TASTE WINSTON LIGHTS

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PLANTS AROUND THE HOUSE

continued from page 30

they're still the best choice for house plants). It's almost always drier inside the house than out, and a moistened pot will smooth the transition for a plant. Just be certain to drain the plant well after its soak.

One batch of bugs to check for assiduously, particularly after a dry August, is spider mites. Being almost microscopic, spider mites easily take a free ride inside unnoticed. Lay a piece of light-colored, preferably white, paper on the ground. Rap each pot sharply a few times to jar the plant. Sundry specks will descend onto the paper. If some of these tiny specks begin crawling, you'll need to spray the plant for mites. Now I won't use insecticides except under extreme duress, particularly not on house plants. But spraying is the only way to eliminate these creatures. I've experimented with some miticides, in desperation over a particular mango tree I simply could not bear to dispose of; however, I have found them ineffective in the long run. A surprisingly effective nonchemical insecticide spray can be made by adding half a cup of flour to a gallon of water and stirring in a couple of tablespoons of Tabasco sauce and buttermilk. The drawback to this solution is that it will sometimes clog sprayers, particularly if it's not well mixed. By straining it through a couple of layers of cheesecloth, however, this problem can usually be minimized.

An alternative remedy is to dissolve some soap in tepid water and swirl the plant around in this until every nook and cranny has been covered. Set the plant aside for a day, then rinse it in tepid water. The process must be repeated at least once a week over the period of a month in order to completely break the spider mites' breeding cycle. Also you must make sure you're using a real soap, not a detergent. Plants often have an allergic reaction to strong detergents; they keel over and die on the spot.

If this sounds like a lot of bother, perhaps the infested plant isn't worth saving. A harsh judgment. But I dread spider mites enough to be willing to dispose of anything short of a prized plant in order to make sure my other plants will not be infected with this plague.

Bug inspection is the biggest hurdle on indoors-bound plants. Once they've passed that, there's little to packing them up for reentry into the house besides the cleaning and grooming. Try to acclimate them a bit when they arrive inside, however. If they can be grown by an open window for a week or two, the nearly out-of-doors atmosphere will be considerably to their benefit, giving them a good footing for their future indoor environment. ■

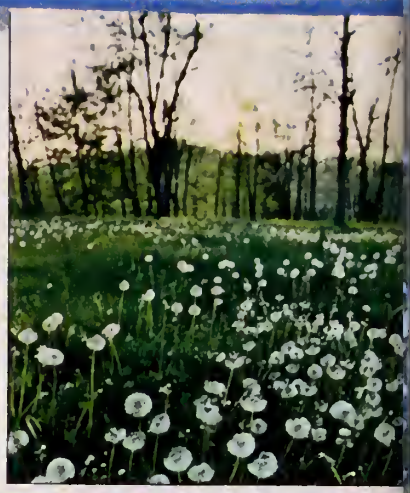
A NEW FASHIONED FARMHOUSE

Scholz and Ethan Allen create a classic setting for contemporary living.

House & Garden magazine asked Scholz Homes and Ethan Allen Galleries to cooperate in redesigning the classic American farm home, updating it for contemporary lifestyles. The results can be seen here and in 12 model city locations.

This special section is appearing in the September 1978 issue of House & Garden, and House & Garden's 1978 American Tradition Guide, Fall 1978 Decorating Guide and Winter 1978 Building Guide.

Bird & Son easy-care Roofing and Siding make this home a natural part of its relaxed environ.



About Bird Solid Vinyl Siding

Before specifying siding materials for this House & Garden home, planners carefully weighed alternatives.

Conventional wood siding could be the expected answer to this traditional house. But the home was designed for contemporary lifestyles. And contemporary lifestyles usually don't include time for conventional wood siding upkeep.

The solution was Bird & Son's Branded® Vinyl Siding in oyster white. The double 4-inch clapboard widths, with embossed woodgrain, faithfully preserved the home's traditional appearance, yet were virtually maintenance free. Unlike wood, Bird Vinyl won't rot, blister or peel. And the color goes all the way through so the scratches don't show the way they can on other materials. Of course, it will never need painting.

Bird Vinyl Siding provided the ideal balance between the owner's demands for design authenticity and low maintenance upkeep.

About Bird Asphalt Roofing

Roof design, once taken for granted by many architects and builders, received special attention in this home. The respect paid was justified when one considers the total impact a roof has on this or any home.

Bird's Architect® 70 asphalt roofing shingles were selected because of their ability to create a subtle, textural statement in keeping with both the home design and the surrounding countryside.

The Architect 70 series creates a rough-hewn, craftsmanlike appearance by laminating two pieces of heavyweight roofing into a random-edge pattern. The achievement is a fire and wind resistant Roofscape® with a sophisticated, custom style appearance.

The selection of Bird Roofing and Siding helped meld this House & Garden home to its hillside. For more information, write Bird & Son, East Walpole, Massachusetts 02032.

The best dressed homes wear Bird.

Bird & Son, Inc., Box SH, E. Walpole, MA 02032

Please send me your revised, 36-page booklet, "What you should know about roofing and siding before you build or remodel." I'm sending 50¢ in payment, and I'm planning to

☐ build ☐ remodel.

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Ethan Allen creates new traditions for a new-fashioned farmhouse.

Take a good look at the breezy feeling Ethan Allen brings to this new-fashioned farmhouse. Bet you never imagined Ethan Allen's traditional American designs could adapt so beautifully to a thoroughly contemporary setting. It starts from the minute you set foot into the entry hall. The furniture couldn't be more classic—the feeling couldn't be less stuffy. Our pairing of an aristocratic clock facing a simple, hand-stencilled deacon's bench immediately makes you feel right at home.

Feel it even more in the airy living/dining room. Note the unusual and elegant combination of solid woods and selected veneers: oak sofa table, pine cocktail table and cherry side table. An unusual mix that goes perfectly in this contemporary environment.

The traditional sofa fabric, sky blue and white Danish Wild Flowers, and imported accessories (from Ethan Allen) make the room gracious enough for entertaining. Informal enough for just the family.

It's all part of Ethan Allen's fresh way of interpreting the classics. For more new ideas like this, stop in at your nearest Gallery.

Ethan Allen Galleries

Come on over to our house

You'll find us in the Yellow Pages under "Furniture–Retail."

We're sticklers for craftsmanship, too. Like the detailed turnings on the balustrade leg of this coffee table (above left). The imported Brazilia wool rug is only one from a large collection of Ethan Allen area rugs and carpets.

Ethan Allen is a stickler for the details that really make a room. For instance (above center) our hand-painted ceramic accessories. And this solid brass firewood holder with its hand-painted ceramic handle.

Modern living means less clutter. So we've maximized space by using swing arm lamps in an antiqued brass finish (above right).

Ethan Allen's easy-going dining room. Its charm is matched only by its practicality.

Here's a perfect Ethan Allen example. The round pedestal table h additional leaves and opens to serve 10. Around it we've placed our solid oak bowback Windsor chairs.

It's furniture that stands up to 52 weeks of family meals a year. Invitin enough for a round of dinner parties This is one dining room arrangemen good enough to last a lifetime. And it's only one of many handsome, co fortably priced dining rooms you'll see on your next visit to your Ethan Allen Gallery.

Ethan Allen Galleries

Come on over to our house

Bruce goes nature's best one better.

There's nothing quite like genuine hardwood floors. Warm. Tasteful. Laid to last a lifetime. It's the one flooring material that is never out of vogue.

Bruce hardwood floors' newest design, Jamestown Plank, was one of two Bruce floors chosen for the House & Garden home. Jamestown Plank in rustic brown oak was used in the home's foyer, living room, dining area and kitchen, as well as several bedrooms. This solid oak plank features a finely sanded surface and the beauty of natural wood characteristics.

Elsewhere in the home, Bruce's Homestead Plank was used. Homestead Plank has an unusual, wire brushed finish that displays an aged, mellow look. This Bruce hardwood flooring comes in random lengths and alternating widths. Perfect for a period setting.

Both of these Bruce floors will retain their shade and finish for years because it's actually baked into the fibers of the wood. That means the Bruce floors in this home will be as easy to clean as they are beautiful.

Experienced planners know that Bruce is the easy-care hardwood floor that captures nature at its best. For more information, write Bruce hardwood floors, 4255 LBJ Freeway, Dallas, Texas 75234.

Bruce

a Triangle Pacific Company

A Heatilator fireplace makes this place someplace special.

The parents' retreat. A self-sustain suite for reading and relaxation. It's a concept that brings the amenities of t home down to a personal level.

The area was made more inviting by the selection of a Heatilator heat-circulating fireplace. The choice was a sensible one in terms of constructio efficiencies, energy and aesthetics.

The use of the Heatilator system allowed the fireplace to be installed away from the other fireplace stack, without duplicating expensive foundations and masonry work. The fluing and roof termination options available to the architect increased design flexibility and minimized seco level flue space requirements.

The heat-circulating model 3138 that was used also contributes to roo heating efficiency through a combina tion of direct radiant heat and reheated, circulating room air.

The Heatilator unit helped make t concept of bedroom fireplaces practi and affordable again. For more information, write Heatilator Fireplac Mt. Pleasant, Iowa 52641.

heatilator®
AMERICA'S LEADING FIREPLACE SYSTEMS

This is a bedroom for living. It was built as a sanctuary, a private retreat from the world. Ethan Allen pays off that idea beautifully with the most easy-to-live-with furnishings imaginable.

The canopied four-poster bed is a refuge of pure luxury. Yet just a few feet away sits a practical, comfortable, tufted Chesterfield love seat. It's one of several pieces brought in to make this bedroom more than a bedroom. Like the tilt-top table and tea table, both in solid cherry, that function very nicely as night stands.

The detailed craftsmanship on the 11-drawer Bonnet Highboy is really something to see. We wish you could see every detail. And you can, of course, when you come into your Ethan Allen Gallery. Where you'll see rooms full of furniture that's as practical as it is beautiful.

A quiet place to think, work, read, this sitting room is both functional and elegant. The desk chair is Duncan Phyfe inspired. The writing desk is from a Queen Anne design. Both are solid cherry.

It's never too early for a boy to learn the classics.

A room to give your son a real feeling of history. The antiqued pine trundle bed is inspired by a time-honored nautical tradition. So is the sturdy captain's chair.

The dresser in sunny Nutmeg finish comes alone or as part of a modular unit. Which means you can add coordinated pieces over the years to make up a whole wall system.

The bedside reading light is adapted from an Early American oil lamp.

But most unique of all is Ethan Allen's adaptation of the classic rolltop desk, complete with porcelain knobs. This desk could go with your son all the way through college.

Ethan Allen certainly knows how to capture a young man's fancy.

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Ethan Allen knows the way straight to a girl's heart.

What could be more pink and ruffled and perfect? A crisp, bright, cheery girl's bedroom with furniture painted a gleaming alabaster white.

The rocker and farmhouse chair are quaintly hand-stencilled. The sweet canopied twin beds are ideal for an overnight guest. And the pretty vanity doubles as a perfect little desk. (Its Formica® top is durable and easy to clean.)

This is a room that's a real investment, one that grows up with your daughter.

Ethan Allen Galleries

Come on over to our house

Eljer replaces bold, brassy look with natural subtlety.

After a flirtation with harsh, inten colors, American tastemakers appe to be returning to subdued, natural tones.

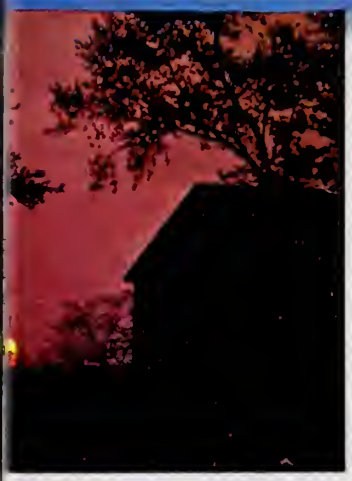
The shift, evident throughout the home, appears most dramatically i the bathroom decor. Eljer fixtures, in Fashion Colors, were selected for use throughout the House & Garden home.

The girl's bathroom, for exampl used Eljer fixtures in Cocoa to add depth to a light tan and white color scheme. Cocoa, Eljer's newest colo addition, was an instinctive choice t complement the home's relaxed v

In the parents' retreat, planners combined twin Eljer lavatories in Daffodil with a natural-toned show enclosure and toilet. One of the home's most unusual features is an Eljer soaking tub (also in Natural) t more than 32" deep to permit relax soaking by the owners.

Predictably, the new Eljer natura tones will be easier to coordinate w decor changes as years pass and ta change. For more information, wri Eljer Plumbingware, Three Gatewa Center, Pittsburgh, Pennsylvania 15222.

ELJER WallaceM



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Winter in New England (like winter everywhere) can take its toll. Planners of this House & Garden home knew that the window treatments they specified had to do more than just maintain architectural integrity.

The windows had to be thermally efficient to help contain heating and cooling costs. They had to resist air infiltration. And the exterior surfaces had to withstand the unpredictable elements with a minimum of maintenance.

Only Andersen® windows and gliding doors were used in the home. The gliding doors were used in the parents' retreat, family center and craft room. Andersen Narroline® double-hung windows were used everywhere else.

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HOW TO OUTFOX THE INFLATION MACHINE

Money-saving advice from energetic young inflation fighter Barry Bosworth

By Caroline Seebohm

We're going to have to learn to live with inflation—but it may not be as bad as we think. That's the word from President Carter's inflation adviser, Barry Bosworth, the 36-year-old director of the Council on Wage and Price Stability. There are ways of coping with it—and in fact, inflation is really a sign of our more humane, democratic times. So said Mr. Bosworth, inflation-fighting father of two, in a recent question and answer session in his Washington office with House & Garden.

Q. *What is going to happen to food prices?*

A. Food prices went up at a very rapid rate in the first part of this year. That was mainly due to the weather. A very harsh winter pushed them up. In addition, there have been major increases in meat prices, which date back to the grain crisis of '72 and '73. Grain prices then were pushed up to very high levels and so meat producers tried to push up the cost of meat accordingly. This caused the boycott at that time, you may remember, and gradually prices fell.

Meat producers actually lost money at that time, and for several years they butchered off their cattle. So far this year, there have been lower grain prices and an incentive to rebuild the herds. Therefore, since they have not been slaughtering so many cows there has been a reduction in the quantity of beef coming to market, which pushes prices up. At the same time, inflation has pushed other meat prices up, so it has not been so easy to switch to alternatives, such as pork or chicken.

Although food price inflation has been severe, I think the worst is over. I think that prices will remain stable or begin to come down. There is very little, unfortunately, that we can do about it—we can't legislate for the weather, or create more cows! *(Continued on page 53)*

THOMAS JOYCE

Barry Bosworth with his wife and children in his inflation-fighting garden.

5 tips for fighting inflation

1. Do your own work on your house or apartment. Having recently bought a home in Washington, we have ended up doing most of the remodeling work ourselves. We've built bathrooms and fireplaces, and also done some landscaping in the garden. If you can do it yourself, your savings can be considerable.

2. Grow your own fruits and vegetables, if you can. Even in a small space, this can dramatically help cut down the cost of food. We have limited space, but figure we are able to support ourselves entirely with homegrown food. Even a window box can provide you with herbs and salad vegetables.

3. If the price of a food item is too high, switch to something else. Food prices are very responsive to consumer action, and if people were more alert to this, they could help keep prices down and at the same time save money. For instance, in the recent iceberg lettuce crisis, people switched to spinach.

4. Get involved in local government. Many prices are determined by these governments, and citizen action can be very effective. Such things as hospital financing, sales and property taxes, and the increased costs of public services are all determined at the local level. Go to government meetings, write to your local representative, study spending proposals, form citizen action committees, and make your views known.

5. If you are a wage earner or business person, exert moderation. If everyone would voluntarily agree to hold salary and price increases to below the level of the last two years or salary contract, rather than waiting for the next person to do so, inflation would be halted.

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Q. *What is being done to keep down medical costs?*

A. For many consumers, the inflation in medical care shows up not directly in doctors' bills, but indirectly through their insurance premiums. That is one of the major reasons why we have the problem. Since insurance companies will pay claims, there is no real incentive to shop around, and no real pressure to hold down medical fees. It's unrealistic to expect consumers to shop around for cheap doctors—anyway, few people know enough about medical care to be able to shop for bargains.

Another reason for health-care inflation is that with insurance companies paying as they do, hospitals offer a lot of services to small groups of people, and buy very expensive technical equipment that may be utilized only 10 percent of the time. So the inflated price you pay for a simple procedure like having a baby, for instance, contributes towards all these other activities. Furthermore, there are too many hospitals with too many empty beds. If we could find a way to utilize the beds all the time, we could keep costs down.

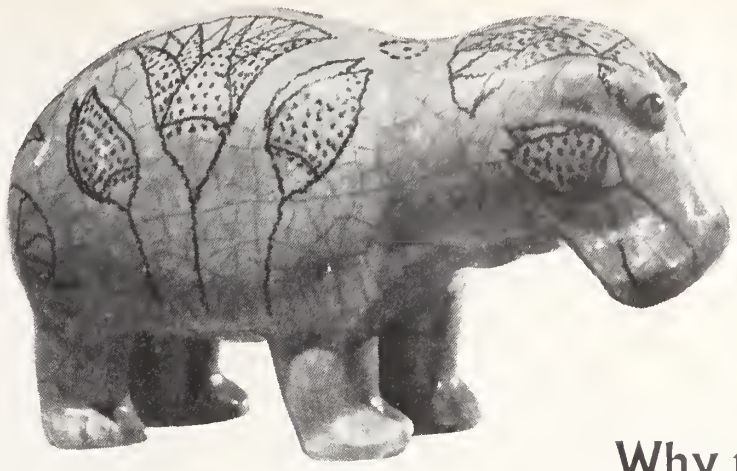
The only way to regulate the way hospitals utilize their resources is through some form of government regulation; and that is what we are working on now. There is a bill before Congress, the Hospital Cost Containment Bill, that I hope may pass this year, under which the Federal Government will set maximum rates hospitals can charge. This may force them to cover their costs by increasing the number of patients that they service, and sharing their facilities, rather than relying on insurance payments.

Q. *Will home prices continue to skyrocket?*

A. A lot of housing price increases are strictly regional. People have the notion that home prices have risen much more rapidly than the rate of inflation. That's true in California, and in most metropolitan areas, but it is not true in a lot of smaller cities, or in parts of the Midwest, for instance. Once you get away from the big metropolitan centers, the price increases are not as tremendous.

Part of the problem is not the increase in the cost of materials or labor, but the restrictive practices many of the local areas put into effect before you can build a house. Years ago, if you wanted to put up new housing, you'd buy a tract of land, level it well, and so forth, and over the years people paid for paving the streets, building sewers, sidewalks and other services through their taxes. Today, more and more local authorities require that all these things be paid for up front, before they will allow new homes to be built. So instead of paying for

Continued on page 182



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The prices range from $7.50 for a Greek fourth-century B.C. golden dolphin to $520.00 for an eighteenth-century Chinese export porcelain tea service decorated in a bold floral design of twenty-seven colors.

New pieces are added constantly, and the Museum publishes special catalogues of these every few months; the 116-page full-color Christmas Catalogue is now being issued. In addition to the reproductions, this year's catalogue illustrates new Christmas cards, stained glass, art books of particular interest, prints of rare Chinese and Japanese paintings, snowflakes, stars, and bells in gold and silver, together with more than one hundred other unusual presents including the 1979 Calendar, *A Treasury of Far Eastern Art.*

To put yourself on the mailing list (most of the reproductions can be bought *only* by mail or at the Museum itself), send the coupon below with $1.00 to cover mailing.

Above: *Egyptian Hippopotamus.* Bright blue faience decorated with lotus flowers, Middle Kingdom, c. 1750 B.C. Length 8". $25.00, shipping $2.00. Add state and local taxes for delivery within N.Y. State.

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GOING PLACES, FINDING THINGS

KAREN RADKAI

1905 riverboat-inspired houses, New Orleans. Below: Olmec head, Mexico City

New Orleans' best walks, eats, buys

By Bethany Ewald Bultman

Much of what brings people to New Orleans can be seen on foot. The Preservation Resource Center, 823 Perdido St., is an association of historic neighborhoods, which can give you maps and information about the six most famous areas: Bywater, Bouligny, the Lower Garden District, the Irish Channel, the Downtown Business District, and Carrollton. It also sponsors the Building Watchers Tour, a 3-hour guided tour of 19th-century architecture in all these areas. Having had a look at some of the old New Orleans houses, you can then go shopping for period architectural elements to ship home.

How to buy old doors, windows, fans, brass:

Local pride in preserving the city's neighborhoods and their architecture has created a thriving renovation and restoration industry. Not only do the locals support the antique shops in the French Quarter and on Magazine Street, but they have also nurtured the antique architectural building materials market. New Orleans Yellow Pages list antique shops. Below is a partial list of where to find architectural elements.

Addco (2601 Chartres) is located in an 1850s church building. Its three floors are crammed full of everything from domestic and imported stained and beveled glass to antique louvered shutters (an 8-foot pair is about $90). It excels in using salvaged antique cypress for custom cabinetmaking. The *Carrollton Lumber & Wrecking Yard* (2938 Leoni-

Continued on page 57

Mexico City in a day and a half

By Dee Hardie

Mexico City blooms with color all year round—color used with the innocence and joyful exuberance of children. A huge, handsome hotel has walls of bright red or shocking pink. A small gas station is painted completely in lavender. It's a gay, vibrant city that stimulates the eye, the mind, and the appetite.

For most travelers, Mexico City is usually the first stop, but not a long stay. The hill towns and beaches beckon to those interested in a more casual tempo. In a day and a half, however, we saturated and satisfied ourselves completely, and so can you. But you must plan a pattern and a pace—even before your plane lands.

Choose a hotel that is conveniently located to your game plan, within walking distance of what you want to do, and where taxis are easily available. Since most of our touring was within Chapultepec Park (called "Grasshopper Hill" by the Aztecs) we chose the Camino Real Hotel, a 10-minute walk to the National Museum of Anthropology.

The Camino Real is an arena of space, an oasis in this crowded capital of 12 million. One vast lobby holds a bold colossus of red metal by Alexander Calder, and broad steps give you the feeling of ascending an Aztec pyramid. Yet small pockets tuck you in everywhere for

Continued on page 58

NEWS Try a diner for regional food, grand tour France by air, plus more

Diners, oyster bars, barbecue pits, lunch counters, tearooms, cafes, truck stops—these small-town eateries often serve first-rate American food. And for anyone who has to drive any distance, especially with children, these "diners" fill a basic need to eat right, eat cheap, and eat regional. And now there's a guide, Jane and Michael Stern's *Roadfood*, which lists 400 of these restaurants, in almost every state and all within 10 miles of a major highway. The book jacket promises that "you'll never have to eat plastic food again." At your bookstore or through the mail from Random House /David Obst Books, 201 East 50th Street, New York, N.Y. 10022. $6.95; $7.70 ppd.

If your idea of getting something out of a vacation is scouring a countryside in search of its architecture, food, and customs, you probably feel that 19th-century travelers had the right idea. Henry James, for instance, made some very thorough trips to France and eventually wrote a book, *A Little Tour in France*, in which he gives the James to 33 French towns. (You can buy it today from AMS Press, 56 East 13th Street, New York, N.Y. 10003, $10.80 ppd.) If, however, you have 19th-century travel ideas and a 1970s vacation schedule, you might like to try a little scheme from Hilton International and the French domestic airline, Air Inter. Three minutes from Orly Airport (where many Air Inter Flights connect) is the Orly Hilton. Make it your home base for a week- or 2-week tour of France, then fly somewhere different every morning and fly back to sleep at night. Air Inter flies to 32 towns in France, most of which

Continued on page 226

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Out-of-doors, people all decked out in their summer attitudes. Even the occasional downpour makes for a nice moment. We recommend waiting it out with a splash of crystal-clear Smirnoff and tonic or fresh grapefruit juice. Splash gently though, you might miss the performance.

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continued from page 54

das) specializes in the painstaking demolition of old houses and its yard is heaped with scrollwork, beams, fancy framed windows, archways, ironwork, soft red Creole bricks, old footed tubs, slate (50¢ a tile), and Spanish ridge tile ($1.50 apiece). Its craftsmen will custom make screen doors and shutters out of old cypress. *The Strip Shop* (2201 Tchoupitoulas) has gained a reputation far beyond its expert paint-removing business. Its extensive stock of architectural building materials, woodwork, and mantels is well organized and the prices are clearly marked. It is the best place in town to buy old doors and brass, porcelain, glass and bronze doorknobs. *Ricca Demolition Corporation* (2645 Toulouse) has a yard full of large elements: staircases, flooring, light fixtures, beveled glass, columns, and railings. *The Bank* (5435 Magazine) has the South's largest supply of beveled and stained glass. It also has unique architectural building materials such as a 5-foot carved race track tout. *The Fan People* (1137 Dante) is a good starting place when looking for ceiling fans. In the same neighborhood try the *White Pillars Emporium* (8234 Oak) for wrought iron and ornamental brass. *The Brass Menagerie* (524 St. Louis) has a good selection of old and reproduction solid brass hardware. You'll find bell pull ends for needlepoint, Dutch door hardware, oak toilet seats, and French porcelain sinks. For chandeliers and fine French furniture, *French Antiques* (225 Royal) stands out.

Shopping: local potpourri, Creole cookware, Antoine's French bread

Neatly hidden on a side street (723 Toulouse St.) in the French Quarter, in the city's second oldest building (1797), is *Hové*—New Orleans's oldest perfume manufacturer. It's the source of Creole scents like the fragrant Tea Olive or Magnolia, potpourris of local flowers and exotic blends from all types of rare, native ingredients. On Royal Street is *Cuisine Classique*, which has the city's finest Creole cooking equipment: French drip enamel pots (1 litre, $13.50, 1½ litre, $16.95), black iron skillets, popover pans, crab boil, filé, and an extensive selection of Southern, Creole, and Cajun cookbooks. Near the open air vegetable stalls of the French Market is the tiny, "old world" *Flavorworld*. Its walls are lined with jars containing spices, teas, locally grown peppers, and over 250 herbs, many of which are grown in south Louisiana.

Local coffee fans prefer coffee blends like those at the *French Market* or at the *Union Coffee*. The *Christian Women's Exchange Shop*, next to the Herman Grima House, carries the best pralines, homemade jellies and preserves. Be sure to get plenty of hot pepper jelly. For French bread: Stock your freezer with bread from *Angelo Gendusa's* (1801 N. Rampart). It makes the bread for Antoine's and other big French restaurants in town, so order a day in advance. For hot bread, straight from the oven, go before 11 A.M. "Gigitts," the 10-inch loaf, 16¢ apiece; "Cap Loaf," 8 inches long and 6 wide. 58¢; "Poor Boy Loaf," 32 inches, 48¢; "Muffuletta," the round loaf, 48¢.

For the largest selection of current books on New Orleans, as well as an extensive collection of books and jazz records and silkscreen prints, visit the marvelous new emporium, the *DeVille Bookshop*, one-half block from Canal St.

Where to eat

Since 1902, *Galatoire's* has reigned supreme for lunch among locals. It has some of the city's finest shrimp rémoulade, trout amandine, broiled pompano, eggs Sardou, caramel custard, and New Orleans coffee. No reservations. Jackets required for men. Go after 1:30 to avoid a long wait. (Average meal, $9-$15.) *Jonathan's Restaurant* is wonderful down to the smallest detail: an Art Deco interior, authentic 1930s music, an intimate atmosphere, careful attentive service, and excellent local food. It is the only restaurant in the French Quarter with valet parking. Reservations are necessary. (Complete dinner about $18, lunch $5.) For soul food, try *Chez Helene* (1540 N. Robertson Street). Order fried chicken, red beans, candied yams, greens, and fried onion rings doused in garlic. (Average meal, $5.) Don't be frightened away by the sediness of *Buster Holmes* (721 Burgundy). He is nicknamed the "Red Bean King" by Quarterites, who pack the place for his fried oysters, fried chicken with garlic, gumbo, white beans, cornbread, and sausage accompanied by a beer or Barq's (a local version of root beer)—all for under $4.

The New Orleans "Poor Boy" is another institution. Try *Parasol's Bar* (2533 Constance Street), "the true Heart of the Irish Channel" (the area between the Garden District and the river) for those loaves of French bread, sliced open and filled with roast beef, fried oysters, or hot sausage. For about $2, Jackson Square picnickers can buy a super sandwich at the Central or Progress Groceries in the French Quarter on Decatur Street. It's made from a round loaf of Italian bread, sliced and piled high with provolone cheese, salami, Italian ham, minced garlic, and olive salad as a relish. While antiquing on Magazine Street, drop by *Casamento's* on the corner of Napoleon Avenue for delicious oysters—raw, fried, or served between two pieces of buttered pan bread. After an afternoon of walking in the French Quarter, stop by "the original" *Angelo*

Continued on next page

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GOING PLACES, FINDING THINGS

continued from preceding page

Brocato's (617 Ursulines Avenue), small, plain, tile ice-cream parlor, where his family has been serving his special spumone, cassata, lemon ice, cannoli, and terrancino since 1905.

A good nighttime music club in town is located in a renovated brick 1850s ex-brothel on Tchoupitoulas Street called *Rosy's*. The oyster bar is superb and the jazz is supposed to be the best in the South, and you can hear everyone from Gato Barbieri and Bobby Short to Allen Toussaint.

For other local treats, try the Camelia Grill for a pecan waffle with cane syrup, or a Pimm's Cup under ceiling fans at the old Napoleon House, Sunday jazz brunch at Commander's Palace, coffee and beignets 24 hours a day at Café du Monde near the St. Louis Cathedral.

Where to stay

It is impossible to walk into the *Pontchartrain Hotel* without sensing that it is lovingly presided over by a New Orleans family. The service in this 100-room hotel is excellent. Fifteen luxurious suites are the hotel's prize—$100-$175; doubles $56-$84; and singles $46-$64. The *Maison de Ville* is situated far from the 20th century, behind wrought-iron gates and semitropical plants in an 18th-century French Quarter mansion. Each of its 15 rooms and 7 cottages is furnished with 18th- and 19th-century antiques. Singles $45-$60; doubles $60-$75; suites $110; cottages $120.

In the moderate price range is the *Lamothe House,* a 19th-century mansion now a guest house, which sits one block from the French Quarter on oak-lined Esplanade Avenue. Fourteen comfortable bedrooms, each furnished in antiques. Breakfast is served family style on a magnificent mahogany dining table with rich, chicory coffee poured from an old Sheffield urn. Suite $41-$56; double $33; and twin $35.

What to pack

Temperatures range from about 70°-90° in September and October, with an average humidity of 62 percent and sunny weather 7 out of 10 days. Dark cottons are perfect for this type of semitropical fall climate. Be sure to bring a sweater or shawl for the air-conditioning indoors. Another must is rain gear—with a heavy downpour streets can get flooded in a matter of minutes. Espadrilles or crepe-soled shoes are best for walking on the quaint French Quarter sidewalks.

How to get there

New Orleans is accessible from virtually every major city in the U.S. Delta flies from 31 cities plus London and Venezuela; Eastern has daily flights from five major cities plus Mexico; and National flies daily from New York, Miami, San Francisco, Los Angeles, Houston, and more. New Orleans is also serviced by Amtrak and Southern Railways.

Editor's note: *A native of Natchez and now, through marriage, a new (ten years) native of New Orleans, Bethany Bultman writes often on the South and here shares with us her New Orleans notebooks of finds and best bets.* ■

Mexico City
continued from page 54

fun and comfort. And every morning they actually *sweep* the grass.

We started at the National Museum of Anthropology, considered the finest in the world, and undoubtedly the only one with a cow in the garden. An outside exhibition of a Michoacán farmhouse features a big black-and-white Holstein, chewing contentedly as if in a meadow rather than a museum. An amazing building, this museum is built U-shaped around a large patio in the center, a gigantic 70-foot mushroom column supports the roof. A circular waterfall cascades down from the top of the column, giving off a gentle spray.

Spacious rooms surround the patio, six of them devoted to the major pre-Columbian civilizations of Mexico from Teotihuacan to Mayan. Monuments, models, and treasures of the past are on the first floor. The second floor shows how Mexico lives today.

A 20-minute orientation show could start you off, but as it is completely in Spanish we skipped it. We also finessed the 50¢ English-speaking tour. Quite abbreviated, it only takes you into two halls. Instead we bought a 25¢ guidebook in English and had a wonderful 2 hours choosing our cultures and costumes as we wished. Signs are in Spanish, so just remember "1300 A.C." (or Ante-Christo) translates to 1300 B.C. in English.

In *every* room there are show-stoppers, but in the Teotihuacan Hall, we were especially awed by a full-size replica of three tiers of the Temple of Quetzalcoatl, and a model of a pyramid in Cholula, an area near the town of Puebla.

For visitors planning to go on to the southeast and Yucatán, the halls dealing with Oaxaca, the Mayans, and Olmecs should not be missed. The famous statue "The Wrestler" from the Olmec region is considered one of the greatest examples of art in motion. See if you don't think he looks Oriental!

The Mexica or Aztec Hall is like an old friend, familiar. Here, spread with such beauty is a replica of the headdress of Montezuma made of blue and green feathers of the Quetzal bird. Here, too, is the Aztec Calendar Stone carved in 1479 and buried when Cortés and his Conquistadores were destroying what is now Mexico City.

On the second floor, you enter the

Continued on page 226

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11-16	.23	.12	.14	.08	.09	.05	.60	1.60
17-22	.27	.14	.17	.10	.10	.06	.80	1.80
23-30	.31	.18	.20	.12	.12	.08	1.00	2.00
31-40	.35	.21	.22	.14	.14	.09	1.10	2.10
41-55	.39	.25	.25	.17	.15	.10	1.35	2.35
56-70	.41	.27	.26	.18	.16	.11	1.60	2.60
71-124	.43	.29	.27	.19	.17	.12	1.75	2.75
125-196	.44	.30	.28	.20	.17	.12	1.85	2.85
197-292	.46	.32	.29	.21	.18	.13	1.95	2.95
293-430	.48	.34	.31	.23	.19	.14	2.00	3.05
431-925	.50	.34	.32	.23	.20	.14	2.05	3.15
926-1910	.52	.36	.33	.24	.20	.15	2.15	3.30
1911-3000	.54	.38	.35	.25	.21	.16	2.25	3.55

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ELECTRONIC CIRCUIT

By David Lachenbruch

Good news in TV sound and wide screen viewing

plus facts about headsets and a new look in stereo equipment

Q. *I've heard there has recently been an important improvement in TV sound. When will we notice it at home?*

A. You can get the benefits of improved TV sound right away. Through a sophisticated process known as diplexing, AT&T (the telephone company whose nationwide long-distance network is used to interconnect television stations) now folds the sound channel in with the picture to local stations. Previously picture and sound traveled separately on different circuits, and the sound waves only carried about one-third of the frequencies which are required for high fidelity. You can take advantage of this improved sound by hooking your TV set up to your hi-fi system—providing your TV has a provision for an earphone. Simply run an adaptor cable from the earphone jack to the "tape" or "aux" input jack of your stereo. You will get much better sound, though it will fall short of true hi-fi, because the sound is still being processed by the rather limited audio circuits of your TV. Another way to receive better sound is to buy a low-cost TV sound radio, and connect the earphone jack to your stereo system. The snag with these radios is that they can only tune to the VHF channels (2 through 13). If you really want to bring your sound right up-to-date, your other choice is to buy a new component called a TV sound tuner. This is designed with the same precision as a component FM tuner and has push-button tuning on the 12 VHF channels and a click-type tuner for UHF. To use it, you tune your TV to the desired channel but turn down the sound. Then you set the tuner to the same channel and adjust the sound with the loudness and tone controls of your stereo system. The TV sound, of course, comes from your stereo speakers. Pioneer has recently produced the first TV tuner of this type and it costs just under $250. If it strikes a responsive chord with consumers, you can expect to see other makes in the near future. Meanwhile, of course, many TV manufacturers are developing better audio systems, which should be seen in improved sets within a year.

Q. *Would you recommend headphones as an addition to a stereo system?*

A. There will always be some time when a member of the family wants to listen to music and the others don't. Unless you have a soundproof listening room in your house, this can be accomplished only with headphones. As an "addition," they're certainly worthwhile, but there's no substitute for a good loudspeaker system. When you first put headphones on, the clarity of the music and the directionality of the sound will seem extraordinary. This is because with most headsets, left-channel sounds are fed to the left ear and right-channel sounds to

Continued on page 68

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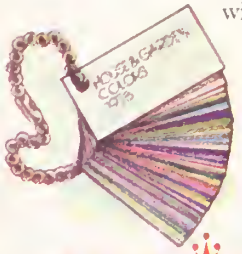

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ELECTRONIC CIRCUIT

continued from page 64

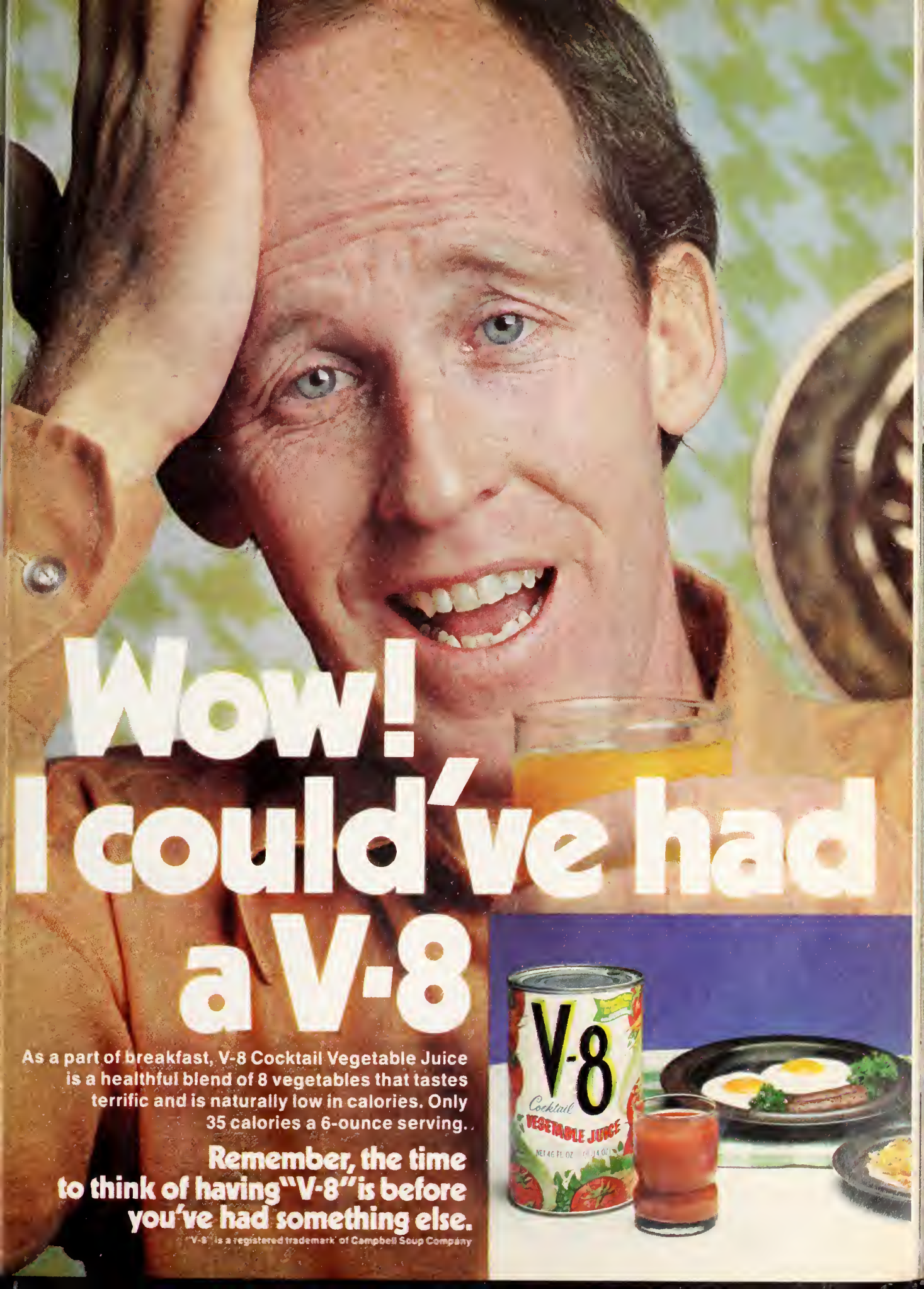
the right ear. In "normal" listening within a room, you don't hear that degree of separation. Music from both sound channels goes into both ears. Some people feel too isolated when wearing headphones, others dislike the weight. A newer "open" type rests lightly on the ear and permits other outside noise to filter through, which minimizes both problems. One important thing to remember is that the sound should not be turned up too loud. Prolonged or repeated misuse of this kind may damage hearing.

Q. *What are the newest ideas in the look of stereo component equipment?*

A. Would you believe that thousands of people went to a recent New York Museum of Modern Art exhibition to look at hi-fi equipment without listening to a single note of music? The instruments were selected for their "visual elegance" and were all made by the Danish firm of Bang & Olufsen. Not one of the 34 pieces on show was designed with a single knob in evidence. They are controlled with touch panels. Small lighted arrows and other symbols often take the place of words to signify what panel does what. This sleek, slim, and unobtrusive look presents an alternative to the "technological" look. Some people like to fiddle with lots of buttons and knobs. On the other hand, as Danish designer Jakob Jensen says: "It is not necessary to be a technician to play Beethoven."

Q. *We'd like to get a super-size TV for our recreation room, but most of them take up too much space. Is there such a thing as a "compact" version?*

A. There's a new one which is only 24 inches deep, protruding from the wall about the same amount as a 25-inch console. It's the first home-projection television set built by a major American manufacturer (General Electric), as well as the first rear-projection set to be offered on the home market. (Rear-projection simply means that the picture is beamed from the rear onto a translucent screen, rather than from the front onto a reflective one.) Called "Widescreen 1000," it has a picture that covers 1,003 square inches—about three times the size of a standard 25-inch direct-view set. The cabinet is about 50 inches high and 70 inches wide. Cost is around $2,800. Several other new one-piece projection sets are quite compact. All front-projection systems, they fold up to save space when not in use. Panasonic, Quasar, and Sony have models in this category. ■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DECORATE IT YOURSELF

How to prepare your walls for painting

plus paints for special surfaces, painting over wallpaper, what a paint label can tell you, tips on storing paint, and a special note about painting walls and ceilings in older buildings.

By Mary Cole

If your walls are in perfeet eondition you ean eonsider yourself lucky. Most of the real work in painting is the preparation of the surfaee to be painted—about 80 percent of it, according to David Barton, president of the Murray Hill Painting Company. Here are his helpful guidelines to preparation for a sueeessful paint job.

Cover furniture and move it away from the walls or out of the room. Remove curtains, pictures, and pieture hooks.

Unscrew ceiling and wall fixtures. Remove switchplates and outlet plates. Any hardware that can't be removed (bookcase uprights attached to the wall, metal window loeks and pulls, etc.) ean be protected with a thin eoat of petroleum jelly. After you've painted, spatters will wipe away along with the petroleum jelly.

Wash your walls. This isn't as hard as it sounds, if you tackle them in a spirited way. Wear rubber gloves. Use a big absorbent sponge, and a no-rinse detergent like Soilax or Spic & Span. Mildew should be removed with household bleach.

Scrape or sand away any loose paint.

Repair small cracks and flaws in walls and ceilings (see House Fixer, page 86).

For cracks at ceiling and wall junetures or at a window- or door-frame edge, follow these direetions:

Step 1. Stress out the edge of the craek or hole with a screwdriver.

KEITH TRUMBO

Step 2. Fill with steel wool or wadded newspaper.

Step 3. Cover steel wool or newspaper with patching compound.

Step 4. Lay fiberglass wall tape over wet compound.

Step 5. Using your hand or a putty knife to secure the top of the tape, pull down the length of the tape with a trowel, pressing hard to remove excess compound. *(Continued on page 74)*

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GROWING GOURDS FOR COLOR AND SHADE

By Sharon Graham

Ornamental gourds are colorful to grow. First, the vines give you yellow trumpet-shaped blossoms and later varied, non-edible fruit—gourds—in yellows, greens, oranges, and milky white.

Small gourds are fast growing and very easy to take care of. You can train them along a fence or on a trellis. If you put trellis around a porch or patio, the plants will provide an attractive sun-screen that lets the breeze come through.

Prepare the soil as you would to plant any garden seeds. Fork and turn the earth in a sunny spot 6 to 8 inches down. Mix in compost or peat moss if needed for lightness of texture, then rake smooth. No fertilizer is necessary unless you have extremely poor soil.

Make a shallow row with a hoe and water the bottom of the row. This will help the seeds to germinate quickly. If you are in a hurry to see the plants come up, speed things along a bit by soaking the seeds in warm water overnight. Be careful not to get water on the soil you'll be using to cover the seeds—damp soil bakes in the sun, forming a crust that makes it difficult for seedlings to break through the ground. Drop the seeds on the wet soil about 5 inches apart and cover with ½ inch of soil. When the young vines begin to develop tendrils, it is time to provide them with something to climb. An easy way to do this, if you're growing vines by the porch, is with string. Fasten one end of a piece of string to a small stake and stick it in the ground behind the gourd row. Fasten the other end of the string to the porch roof with a nail. Space the strings about a foot apart. Train the vines to climb up by winding them around the strings.

When the fruit appears, let the gourds ripen fully before picking. Wait until the stem dries up. Be careful not to bruise them and place them in a warm airy spot. When dry, the seeds will rattle when you give the gourd a shake and it will be light.

Gourds may be painted, lacquered or left natural. Gourds such as the dishrag gourd or Luffa are useful for their inside fiber. All you have to do is soak Luffas in water until the skin softens and can be stripped off, and then sun-dry the spongelike core, for years of use in your sink or bathtub. ■

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DECORATE IT YOURSELF

continued from page 70

Step 6. Smooth any compound left on the wall away from the edges of the tape with dampened fingers or a putty knife to blend the tape with the wall and prevent peeling. When compound and tape are dry, cover with a thin coat of spackle, let dry, and sand smooth to the level of the wall.

Tip: Use a hand-held hair drier to speed-dry spackle or compound.

If old moldings, baseboards, trim, or cabinets are removed from the wall, you can correct bare uneven wall surfaces and outlines of excess paint using spackle and tape.

Step 1. Using a putty knife, scrape away excess paint about a half inch on either side of the uneven surface.

Step 2. Generously apply spackle down the strip of bare wall, using a putty knife and short diagonal crosshatched or feathered strokes.

TED HARDIN

Step 3. Apply fiberglass tape as you would for cracks, and continue as in steps 4, 5, and 6, above.

Always spot prime all patched areas to prevent "holidays" or skipped areas from ruining your paint job.

To patch large gaping holes, see House Fixer, page 86.

Canvassing

One of the finest ways to prepare walls and ceilings for paint is to cover them with lining canvas. In fact, some profes-

Continued on page 76

DESIGNS FOR LIVING

. . . *house styles for every family, every region, every budget selected from The 1978-79 Encyclopedia Of Home Designs*

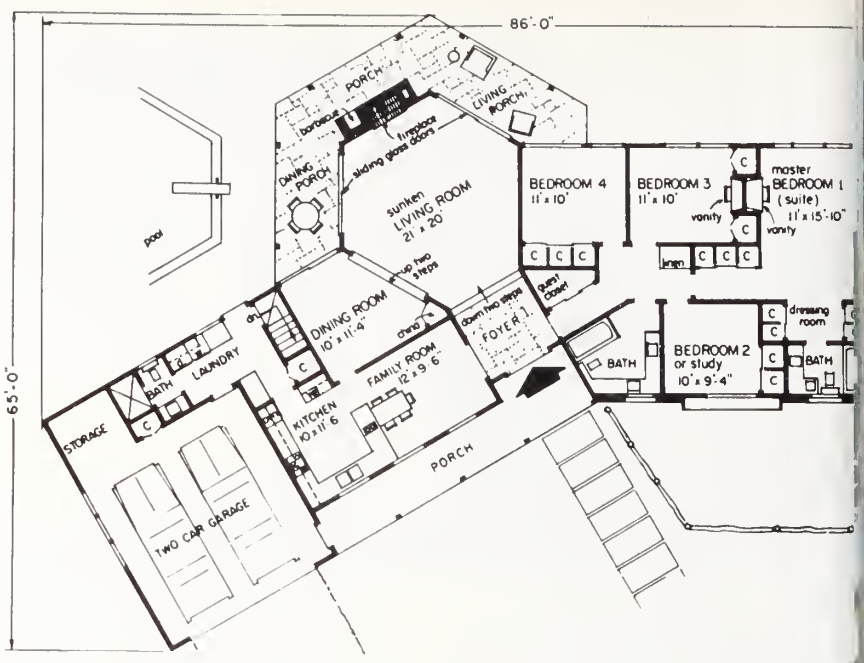
If you've visualized exactly the house you want, you may recognize the floor plans for it among the popular top favorite styles in this portfolio. If you're still undecided about the house that will suit you best, these designs from Master Plan Service will surely help you make up your mind. Master Plan blueprints, available by mail, cover a variety of price ranges and every popular house style, contemporary and traditional. Some houses are planned so that they can be built in stages; some offer options; all offer building flexibility. No wonder Master Plan Service was a recent award winner for home design excellence in the Habitation Space international competition.

Floor plan and description of the house shown above appear on the following page, as do instructions for ordering blueprints of this and the other five house designs shown.

Master Plan Service - A Silver Hexagon International Award Winner

Western ranch style set by long loggia, hand-split shake roof

House No. 200



SIZE: 1,830 square feet excluding garage, porches and terraces
OVER-ALL DIMENSIONS: 65' x 86'

Here is a house in authentic ranch style with its long loggia, posts and braces, hand-split shake roof and cross-buck doors. Two wings sprawl at an angle on either side of a Texas-sized hexagonal living room. Directly across from the double-door entrance, this sunken living room is two steps lower and enclosed by two solid walls (one pierced by a fireplace), two 10′ walls of almost solid glass (glass sliding doors), and two walls opened wide as entrances from foyer and to dining room. For outdoor living and dining, porch bounds the room on three sides. Dining-room win contains kitchen-family room, laundry, full bath and g rage. In the sleeping wing, three of four bedrooms line th rear elevation for privacy. Master suite includes its ow bath, dressing room and built-in vanity. A 10′ counter wit two lavatories wraps around the angled walls of the ha bath. The storage and closet space is abundant throughou

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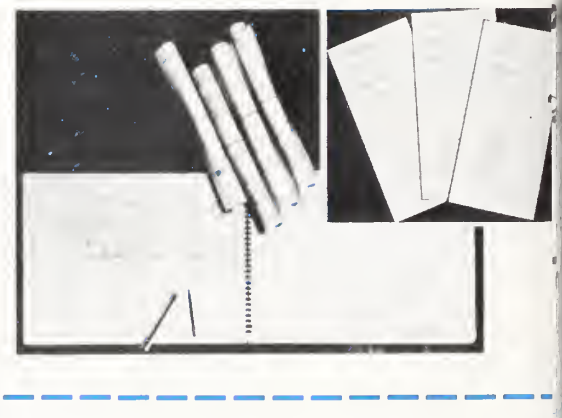
Master Plan Service pays for parcel post shipping of your blueprints. Please allow at least 2 to 3 weeks for delivery (3 to 4 weeks to Canada). For more immediate service see air mail rate on coupon.



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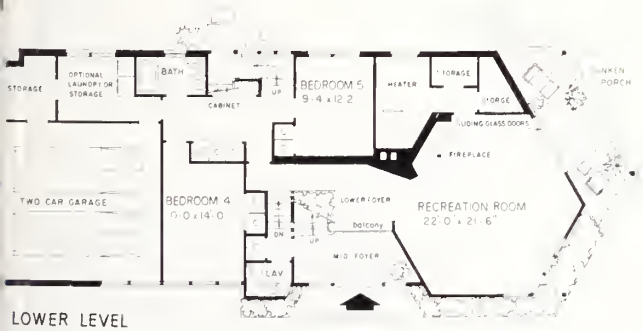
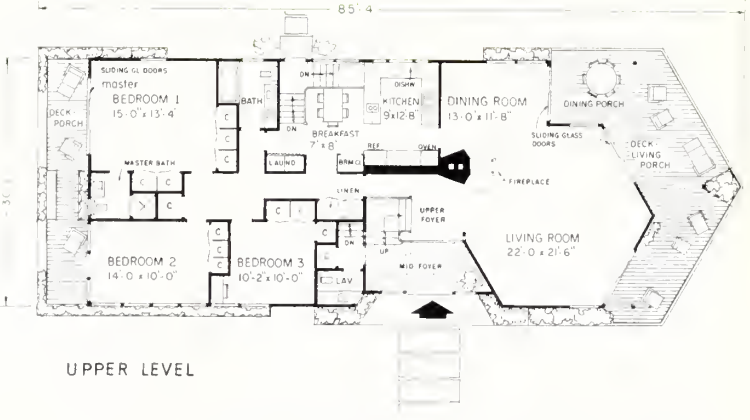
split-entry design affords extra space or living, entertaining

ouse No. 201



LOWER LEVEL



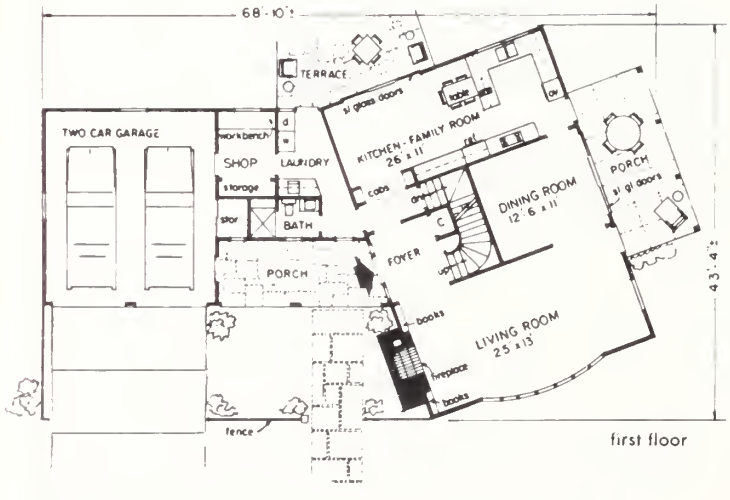
UPPER LEVEL

SIZE: 1,879 square feet on upper level, excluding decks
1,509 square feet on lower level, excluding garage and porch

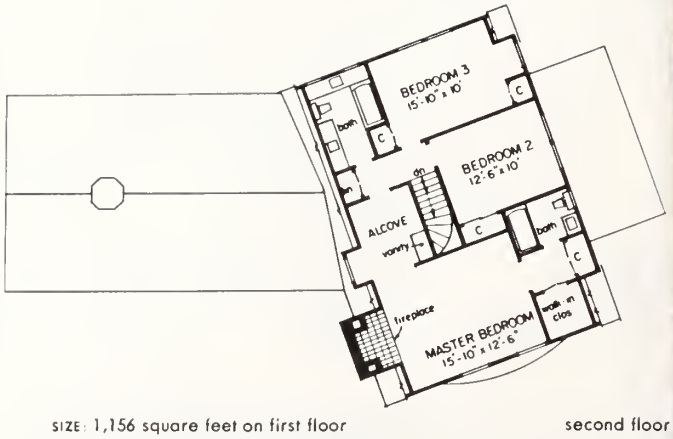
he split-entry design, basically a one-story ranch with a sement which has been raised out of the ground, offers od use of space. Without actually adding a second story, is house provides the dual advantages of two floors of ving area and larger windows on the lower floor. The en- y between upper and lower levels prevents unnecessary eps, channeling traffic to its proper destination. It has angled wall, a wrought-iron-railed balcony, a 90-degree- rned staircase, and a one-and-a-half-story ceiling. This dramatic entrance leads up to the main level where there are three bedrooms, a kitchen-breakfast room and open-planned living and dining rooms, separated by a circular-hooded, open fireplace. The semi-octagonal living room has a four-way view and a large surrounding deck. Down-stairs, the recreation room is built in the same shape as the living room, and has a fireplace and sunken porch. Storage on a large scale fills the crannies on this floor. And the two bedrooms bring the full complement to five.

Gambrel-roofed Dutch Colonial has farmhouse look

House No. 202



first floor



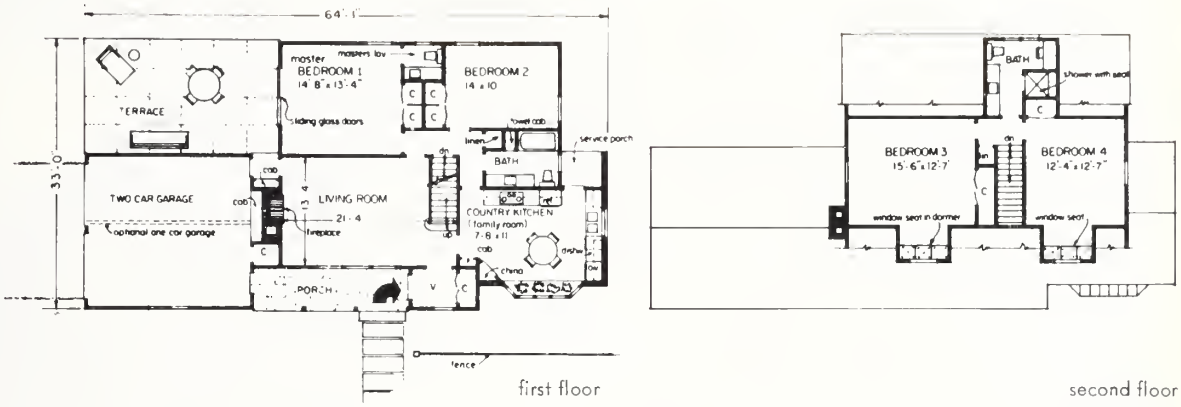
second floor

SIZE: 1,156 square feet on first floor
881 square feet on the second floor
OVER-ALL DIMENSIONS: 43' 4" x 68' 10"

The traditional charm of American farmhouse style is found in a design which has the casual, "added-on" look so often a part of our architectural heritage. In plan, the main, two-story section of the house is angled away from a garage wing. Stylistic details include a gambrel roof, a deep and imposing fieldstone chimney, a garage cupola (it ventilates the roof area), clapboard siding and barnlike, arched openings which form a small entrance veranda and continue across garage doors. The interior plan is simple and direct. A foyer opens on one side to a pleasant living room with a large bowed window and, on the other, to a combination family-kitchen. A separate dining room lies between. A curving staircase leads to a master suite with dressing area and bath and two other bedrooms and bath. Outdoor living is generously provided with a side porch off the living room and a rear terrace off the laundry and family area.

harming bungalow
an grow with
eeds and budget

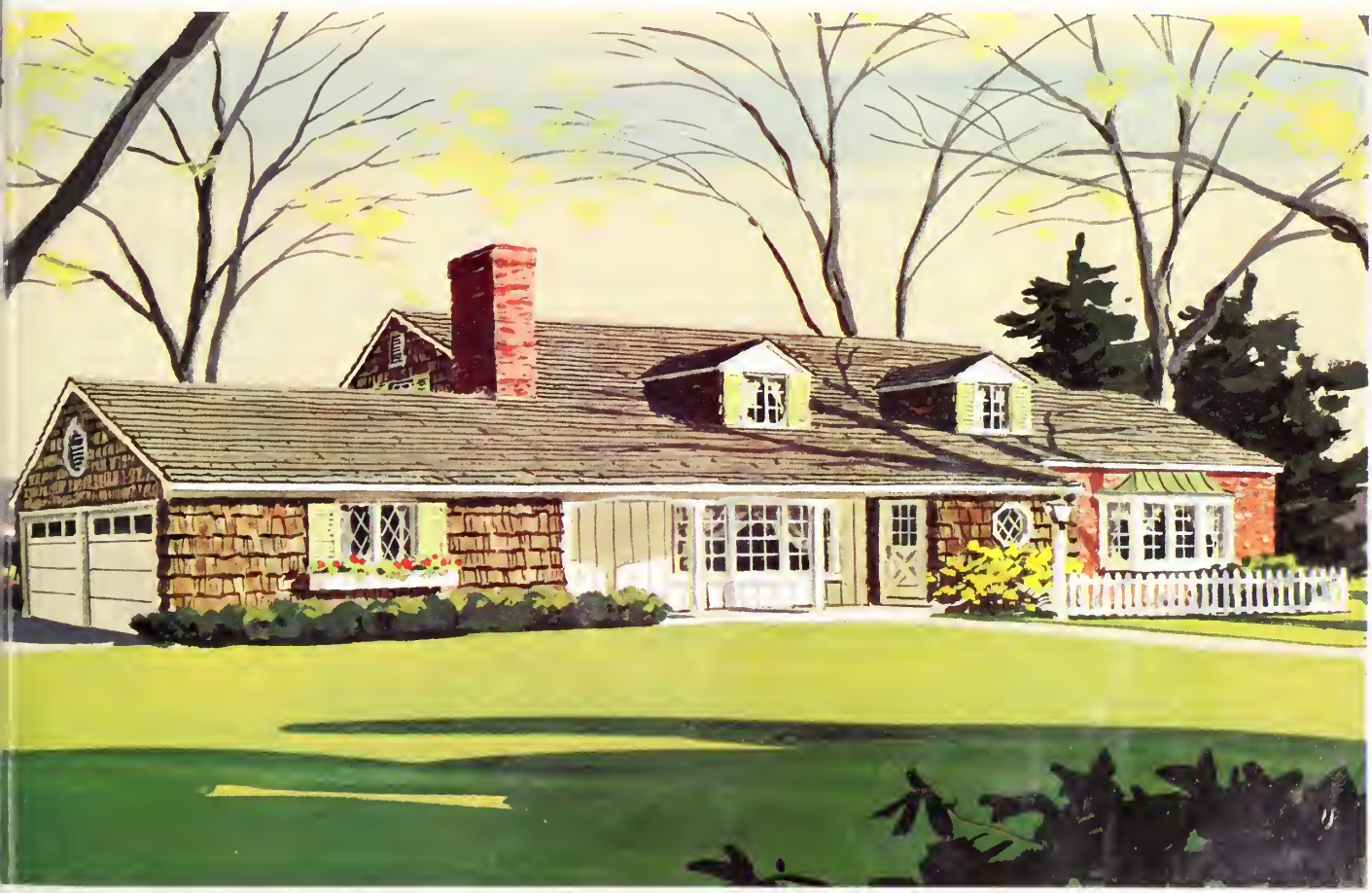
use No. 203



: 1,131 square feet first floor excluding garage and porch
599 square feet second floor expansion
RALL DIMENSIONS: 64'1" x 33'

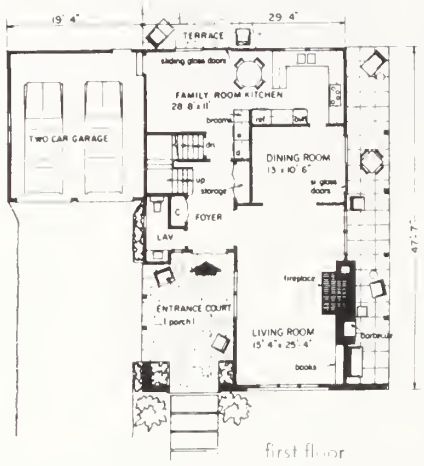
re is an almost minimum home in one of the most pleas- t and familiar styles—Early American. It can be built stages, if desired, providing finished living room, mily-kitchen area, two bedrooms and bath on the first or. Then later, as time and budget permit, the upper ory can be turned into two bedrooms and bath. From a rch with posts and graceful arches, a vestibule with coat oset opens from a main entrance at right angles to the çade, providing a measure of privacy for the living room.

A stairway demarcates living room on the left, combination family-kitchen area on the right. For families who like an informal life style, the latter more than makes up for the lack of a separate dining room. Over 17 feet long, it includes an L-shaped work area and a large dining corner near a big bay window. The two lower-floor bedrooms and the bath are accessible both from the family area and the living room. Two-car garage has side entry, door to living room. Garage wall provides privacy for rear terrace.

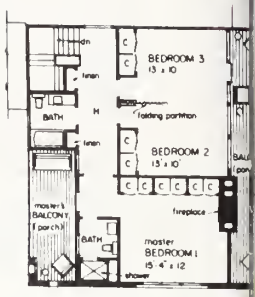


Mediterranean styling adapts to today's contemporary living

House No. 204



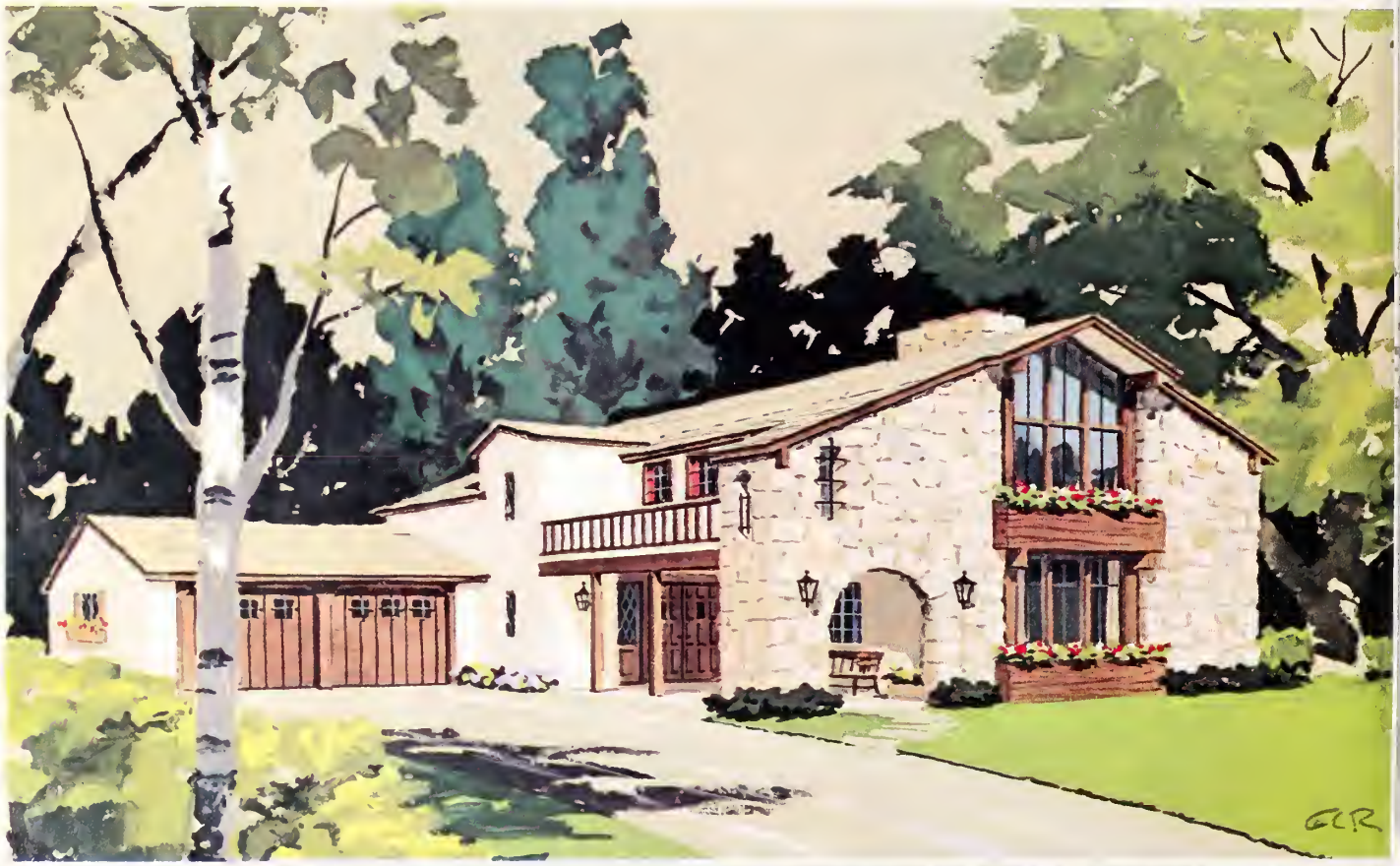
first floor



second floor

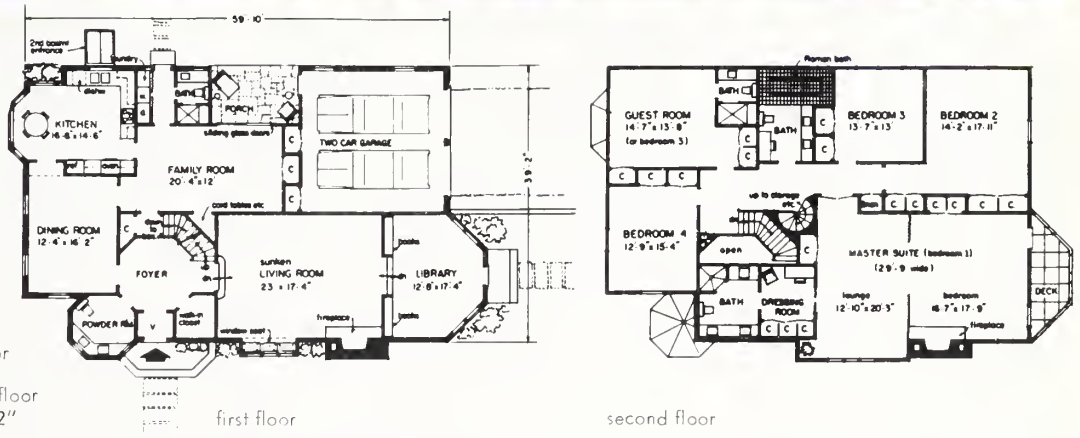
SIZE: 1,048 square feet on first floor excluding porches and garage
922 square feet on second floor excluding balconies
OVER ALL DIMENSIONS: 47' 7" x 48' 8"

The Mediterranean quality of this design stems from the massive stone facade, stucco walls, balconies and arched entranceway. Walking through the archway is like walking through a 4'-thick wall, an illusion created by the wrap-around design of the wall protecting a 12'x18' covered entrance court. Inside the 5'-wide paneled entrance doors, the foyer affords direct access to a 25'-long living room and an almost 29'-long family room-kitchen, both of which open conveniently to the dining room. Living and dini rooms have access to a porch; family room-kitchen to terrace. Powder room and laundry are also included on t first floor. Upstairs, master bedroom, off its own foy has a beamed cathedral ceiling and 8'x12' cathedral wi dow. Among its other luxurious touches are a firepla recessed sitting area, 14' wall of closets, private bath a balcony. Two other bedrooms share a bath and balcon



raditional details dd to charm iside and out

ıuse No. 205



SIZE: 1,843 square feet on first floor
excluding porch and garage
2,309 square feet on second floor
OVER-ALL DIMENSIONS: 59' 10" x 39' 2"

ıis impressive house contains over 4,000 square feet on vo floors plus a third floor for storage or future expansion s a studio, with the addition of a rear dormer. The hand-ome exterior with its stone, brick, half-timber, stucco, ırrets, bays, overhang and massive chimney is distinctive-' English Tudor. Visual variety, so pleasing outside, is ontinued indoors as well. A vestibule forms the primary ntrance. Flanked by a turret-shaped powder room and walk-in guest closet, it opens to an octagonal foyer which directs traffic to all parts of the house. Sunken living room has a window seat and fireplace; library, in the shape of a large bay, has access to a garden; the family room opens to a recessed porch. Service entrance, laundry and a bath are adjacent to the kitchen, where a bay window offers a pleasant location for breakfast. Second floor contains five huge bedrooms and three baths, includes a master suite.

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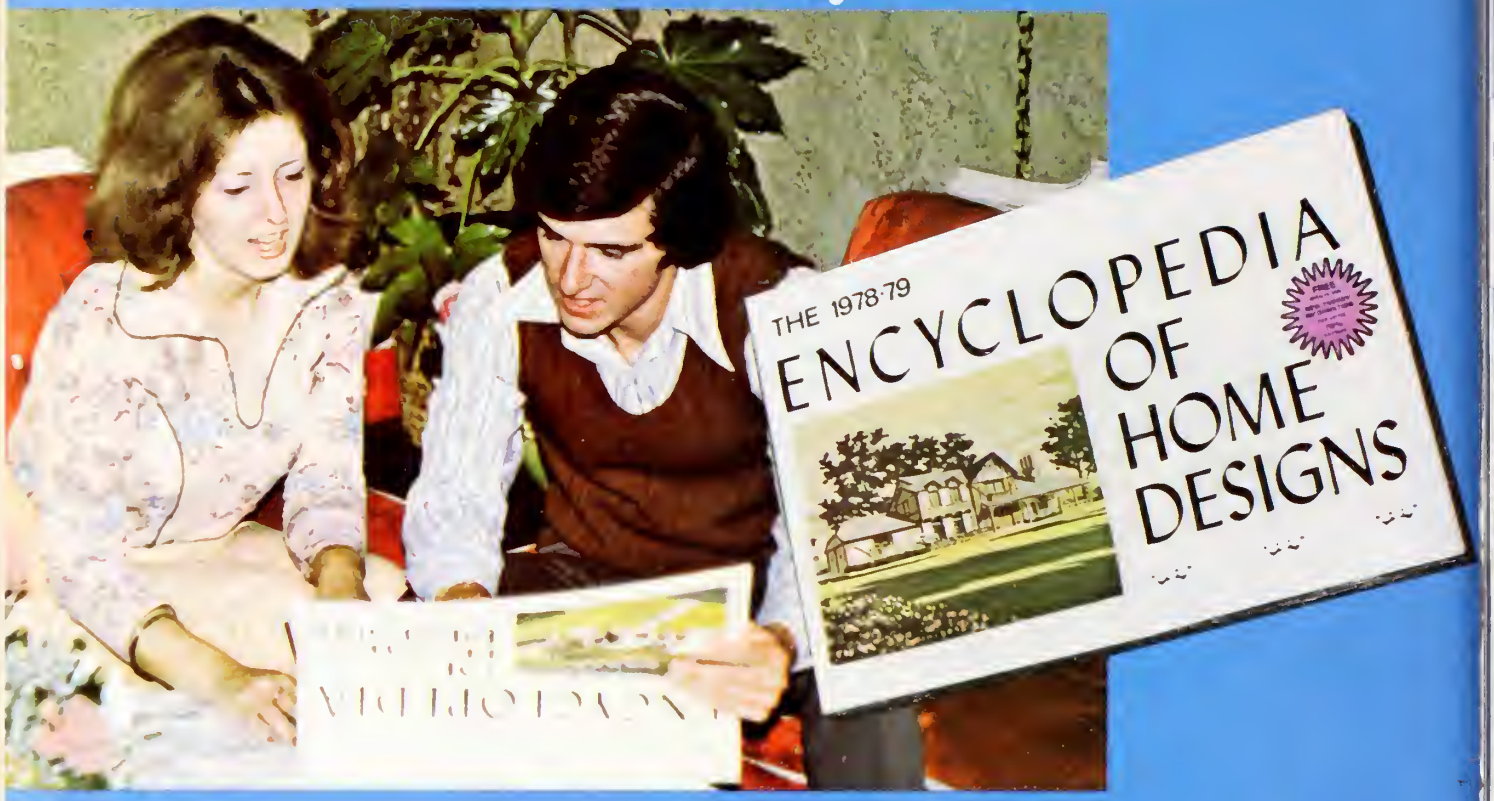

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DECORATE IT YOURSELF

continued from page 74

sional painters always canvas walls before painting them, for a truly long-lasting job. Lining canvas provides a smooth, even base over uneven or badly scarred walls that have been properly prepared, and helps hold together walls that tend to crack. Lining canvas is cloth, coated with a mixture of vinyl and white acrylic paint. Although it is thinner and lighter than ordinary wall covering, lining canvas is applied in exactly the same way (see page 101), then primed and painted. Wall-Tex is one manufacturer that makes lining canvas. One 16-foot roll covers about 36 square feet, and costs about 50¢ a square foot.

What paint where?

For kitchens, bathrooms, and utility rooms: Generally, an alkyd paint to prevent puckering from humidity. A high or semigloss finish for washability.

For painted woodwork and trim: David Barton recommends an alkyd paint for durability, even when using latex paint in the rest of the room. A semigloss or high gloss finish for washability.

For wood floors: An alkyd or latex floor enamel made to withstand traffic.

For concrete floors: A latex floor and deck enamel on a surface prepared in the same way as a masonry wall.

For masonry walls (brick, cinder block, stucco, concrete): Latex paint lets masonry "breathe" without peeling, fills rough pores, adheres well, and is resistant to the alkalis in masonry, which may cause alkyd or oil-base paints to deteriorate. Preparation is especially important. To remove any efflorescence (white salty-looking deposits) and etch the surface, wash with a 10 percent solution of muriatic acid in water, using a fiber brush. (Follow directions carefully and wear gloves—muriatic acid is highly caustic.) Let stand 10 minutes, then hose down thoroughly with clear water. When dry, fill all cracks with a masonry patching compound, latex concrete patch, or calking compound. If the surface is very porous, apply an alkali-resistant primer or block filler.

For sinks, ceramic and metal tile, plastic laminate countertops, refrigerators, fiberglass, and glass: Janovic/Plaza recommends epoxy paint. First, wash off grease, dirt, oil, or soap; then wash again with washing soda. Sand or apply a bonding agent with a mohair roller. When dry, use a natural bristle brush to apply the epoxy paint, making sure that nothing is left uncovered, especially around drains, fixtures, and edges. Water can seep through even a pinhole in the finish and ruin your paint job.

How to paint over wallpaper

It's possible to paint over smooth wallpaper in good condition if the paper is stuck tight to the walls. First sand and spackle seams if they are rough. If the wallpaper has metallic inks, prime with an alcohol-based pigmented shellac which produces an adhesive surface and also serves as a sealer and stain killer. Over vinyl wallpaper, use a vinyl primer—paint adhesion may not be as good. Paper wallpapers take any primer—for best adhesion, choose an oil-based primer or flat oil-base enamel undercoat.

Most meticulous painters prefer to remove wallpaper before they paint, using chemical paste softeners or steamers. Even with careful preparation, moisture may loosen the paper in the future and ruin your paint job. In addition, wallpaper paste can only support a certain amount of weight, and the extra weight of paint may be just enough to tip the scales and pull the paper off the walls.

Read the label!

It can tell you:

- the approximate coverage of the paint
- the proper solvent for the paint
- the drying time of the paint
- what, if any, primer to use, and whether it should be pastel or white
- if the paint should be stirred. If so, pour the paint into a larger bucket. Then stir thoroughly from the bottom up, much as you would fold egg whites into a cake batter, using a paint paddle. Drilling holes in the paddle will help to mix the paint.

Storing paint

Most leftover paint can be stored for several months or more by transferring it to tightly sealed jars. Fill the jars to the top so that air can't oxidize it and form a skin. Skins can take some of the drying agents out of paint, so if they do form, it's best to test the paint to see that it dries properly before using it again. You can remove paint skin wth a spatula or knife, and then strain the paint through cheesecloth, an old stocking, or fine wire mesh to remove any particles. To prevent a skin from forming on oil-base paints, top up jars with a very thin layer of thinner before sealing.

Alert for older buildings

Walls and ceilings in old houses or apartment buildings may have been coated with a water-soluble calcimine, whitewash, or glue-size. Oil-base primers and paints must be used to cover these surfaces, as water-soluble latex primers and paints may act as removers. ■

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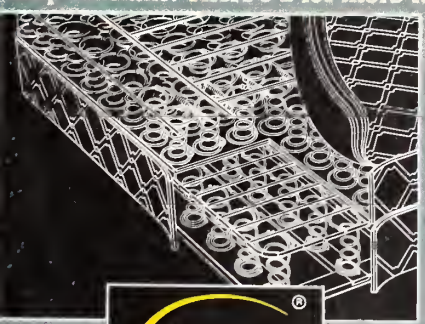

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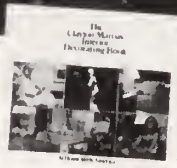


DEAR HOUSE & GARDEN

Answers to your questions. Here we share some interesting letters from our readers

By Margaret Morse

Stay-away spray

In your very interesting article "A Summer Garden to Enjoy All Year" (May, 1978, page 142), the Arthur D. Pinkhams mention their homemade spray that "discourages everything from aphids to rabbits." I'd love to have their recipe for my garden.

—D.M., White Plains, N.Y.

Mrs. Pinkham obliges: In an electric blender, put a whole head of garlic (stripped of outermost covering but with cloves unpeeled), plus one large quartered onion, one heaping tablespoon cayenne pepper, and about 2½ cups water. Purée. Pour into large pail. (If your garden's as big as the Pinkhams', you'll need to make two batches—the standard blender won't take a double recipe.) Add 1 gallon water per batch. Mix and let stand overnight. Strain through several layers of damp cheesecloth to remove debris that would clog your sprayer. Then mix in about half a tablespoon of Ivory soap flakes per gallon, to give the mixture sticking power. Apply with a mister or portable sprayer. Spray roses, flowers, and vegetables at the first sprouting. Repeat application after each heavy rain. As there's a taste residue, don't spray on the vegetables that you cook unpeeled (such as beans), especially if you plan to harvest them within 2 weeks.

Green grow the posters

Where can I get pretty botanical prints?

—M.T.H., Pittsford, N.Y.

The New York Botanical Garden's poster collection includes larger-than-life flowers reproduced from rare books and plant ecology wall charts from paintings done for The British Museum. Each ecology poster illustrates over 35 species of plants, labeled with their common English and botanical names. All are relatively inexpensive and, a selection is shown in the fall-winter catalogue, which is available for 25¢ ppd. from The New York Botanical Garden's Gift Shop, Dept. M, Bronx, N.Y. 10458.

The Colonial Williamsburg Foundation has reproduced fruit- and flower-of-the-month prints from 18th-century originals by Robert Furber. They're shown in the catalogue, which is available for $4.95 ppd. from the Craft House, Box CH, Williamsburg, Va. 23185.

(Continued on page 80)

Learn 100 ways to use ceramic tile.
In every room of your home.

Discover all the wonderful ways you can update, decorate, innovate and color-coordinate with real ceramic tile. Send 25¢ to American Olean and we'll send you our colorful book that shows you how to do it.

American Olean Tile Company, 2475 Cannon Avenue, Lansdale, Pa. 19446.

Name _____

Address _____

City _____

State _____ Zip _____

American Olean
A Division of National Gypsum Company

As her Maytag nears 12, Mrs. Yeryar writes a poem of sympathy to the lonely Maytag Repairman.

Dear Maytag People:

The Maytag Repairman must shed many tears
I've hardly had to call for him in almost 12 years
I hope he has a hobby, something else to do
'Cause I seldom need him, I'm sure he's feelin' blue
The Maytag Washer's built to last, first in quality
That little ole Repairman has my sympathy
But I'm so in love with you, my Maytag never misses
It does all my wash for me, I send my love and kisses
If, when you read this letter of love, you get excited or tense
You can call me at twelve o'clock, when my Maytag goes on rinse
Give my love to the Repairman, tell him to dry his tears
Maybe I'll be seeing him, one or another of these years

Barbara Yeryar

Lapel, Indiana

Maytag Washers are built to last longer and need fewer repairs. Naturally, we don't say all Maytags will equal the record Mrs. Yeryar has enjoyed. But dependability is what we try to build into every Maytag Washer, Dryer, Dishwasher, and Disposer.

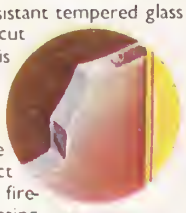
Thanks, Mrs. Yeryar. I can use all the sympathy I can get.

MAYTAG
THE DEPENDABILITY PEOPLE

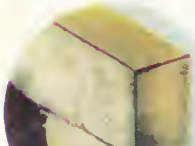
The Maytag Company, Newton, Iowa 50208

SEARS LOWEST PRICE EVER! GLASS DOOR FIRESCREEN— NOW JUST $98.99

Energy-efficient, shatter-resistant tempered glass doors (3/16 in. thick) help cut house heat loss after fire is out and damper is still open. Optional mesh screen (pictured) only **$12.99.** Glass doors could save more than heat — they help protect against sparks jumping from fireplace onto floors and carpeting



Save $21 . . . **lowest price ever on this fully assembled antique brass finish fire-screen.** Helps save heat too.



Thick (1-3/16 in.) insulated frame comes in seven sizes, easy to install. *Measure the height and width of fireplace opening before shopping*

Black and brass finish screen also on sale at just $98.99 **Save $21.** Unassembled glass door fire-screens start as low as **$74.99.**

Save $7 . . on tool set pictured. Just **$29.99.** Wood basket just **$14.99.**

ON SALE SEPT. 3-23, 1978
AT MOST SEARS STORES.

Sears **THE FIRESIDE SHOP**

© SEARS, ROEBUCK AND CO. 1978

Prices and dates may vary in Alaska and Hawaii.

DEAR HOUSE & GARDEN

continued from page 78

Quarry tile quandary

We've just installed unglazed, earthtoned quarry tile in our kitchen and dining room. But it looks a bit dull, and I worry about spills. Is there a special quarry tile sealer? —S.L., Medomak, Me.

According to Robert Kleinhans, Technical Director of the Tile Council of America, located in Princeton, N.J., most penetrating sealers labeled suitable for stone, brick, concrete, or unglazed ceramic tile can be used on quarry tile. You can tell a penetrating sealer by directions such as "Apply sealer and let it set for such-and-such a time, then wipe off excess." Before sealing, be sure the whitish grout film on the tile has been removed. (The installer generally does this with mild acid once the grout has cured, a minimum of 10 days after installation.) Sealing will give quarry tile a slight shine and may darken it slightly as well. Don't use a surface-type sealer such as wax or polyurethane on quarry tile—they'll be too slippery.

If you leave your quarry tile unsealed—perhaps impractical in a kitchen—it will acquire a satiny patina with age. It can also be machine-buffed to a shine with lamb's wool. Use *colorless* cleaners (test first in inconspicuous spot), either a dilute soapless-detergent solution, a ceramic-tile cleaner, or—for stubborn stains—scouring powder. Damp mop often, as with glazed quarry tile.

With Shaker feeling

Can you tell me where to find reproduction Shaker furniture?—V.J., Leeds, Ala.

You can order modern replicas of Shaker furniture by mail from three specialists in Shaker design:

Brian Considine Cabinet Maker, Post Mills, Vt. 05058 (Catalogue, 50¢ ppd.)

Guild of Shaker Crafts, Inc., 401 W. Savidge St., Spring Lake, Mich. 49456 (Catalogue, $2.50 ppd.)

Thos. Moser Cabinet Makers, 28 Cobb's Bridge Rd., New Gloucester, Me. 04260 (Catalogue, $2 ppd.)

The Museum of American Folk Art (49 W. 53rd St., New York, N.Y. 10019) plans to publish a mail-order catalogue of Shaker reproductions this fall. If you send the museum a self-addressed, stamped envelope, it'll tell you the catalogue price and when it's available.

If you'd rather have your furniture ready-to-assemble than ready-made, kits are available from:

Cohasset Colonials by Hagerty, 38 Parker Ave., Cohasset, Mass. 02025 (Catalogue, 50¢, showing Shaker and other styles); Shaker Workshops, 11 Monument Sq., Concord, Mass. 01742 (Catalogue, 50¢ ppd.)

The Smart Set. For a kitchenful of great foods, not a kitchen full of appliances.

Get smart with the Smart Set from **Proctor-Silex.** Save space, time, energy, money with these great multi-purpose appliances.

The **meal maker**™ countertop appliance is a pop-up toaster, full range oven, broiler and slow cooker too. Includes slow cook dish and a cover.

The **Beverage Brewer** makes great coffee, hot and iced tea, quick hot water for instant soups and cocoa. Deluxe model has an exclusive charcoal water filter, "The Taste Improver."

The **PanHandler**™ mini-serving appliance is for eggs, burgers, omelets, bacon, hot dogs, crêpes, grilled sandwiches, even popcorn with the optional Corn Popper Topper™ attachment.

They all make smart gifts for brides, graduates, or for that special person, yourself. Because with each of them, you make one appliance do the work of several appliances. And that's smart thinking in anyone's language.

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We're plugged into America.

Congoleum

Exclusive seamless beauty up to 15 feet. Now you can make the rooms you love to live in—your eat-in kitchen, your family room, your dining area—look beautiful, wall-to-wall, without a single seam. Because Congoleum and only Congoleum offers you beautiful floorings from 6 to 15 feet wide; so professional or do-it-yourself installations can be easier *and* seamless in most areas of your home.

Beauty that lasts. And Congoleum seamless beauty stays lovely longer, because our brilliant designs and colors are protected by a no-wax wear-layer so durable it resists stains and scuffs. With proper care, the Congoleum no-wax luster really lasts.

More beautiful choices than any other. Come to Congoleum and select from over 300 different designs and colors—more designs and more colors in more widths than any other vinyl flooring. You're sure to find just what you have in mind.

Simple sponge mopping will usually keep your floor looking fresh. Congoleum Vinyl Dressing will provide a higher shine should a reduction of gloss occur in areas of heavier use. For complete maintenance and warranty information, see your local Congoleum retailer or write to Congoleum Consumer Affairs, 195 Belgrove Drive, Kearny, N.J. 07032.

Design shown #45057, available in 6' & 12' widths.

Only Congoleum® gives you seamless flooring in rooms up to 15 feet wide. Seamless flooring that stays prettier, cleaner and newer looking.

THERE'S ROOM FOR IMPROVEMENT

Whatever the style, location or condition of a house . . . if it's lived in, there's always room for improvement. Families change. Interests develop. Hobbies spread out. And, more and more, homes across the nation are becoming the favorite restaurants, the favorite spas, the favorite vacation resorts of the people who live in them.

The fall season is an ideal time to adjust your home to needed changes . . . to improve it with quality products made by the fine manufacturers whose company names are listed below. If your jobs are major, contact a contractor Council member in your community; he'll see that your jobs are done right. And for super home improvement ideas, read this issue of House&Garden very carefully. It's full of them.

Better Your Living NHIC
National Home Improvement Council

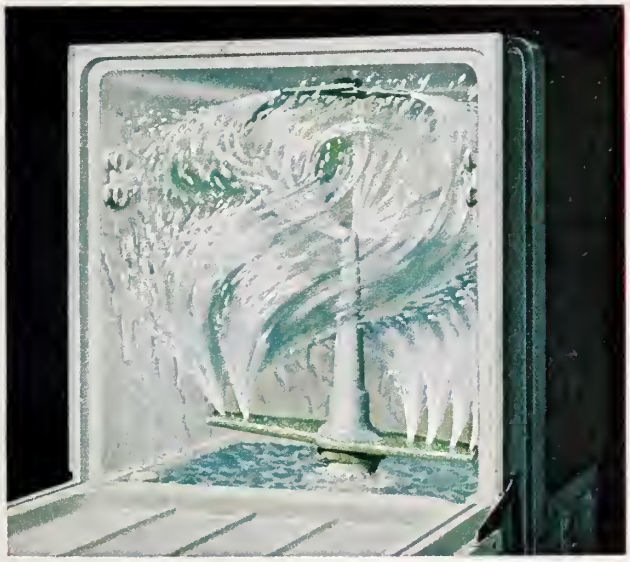
Amana
American Olean Tile Company
Andersen Corporation
Arrow Fastener Co., Inc.
B & M Manufacturing Co.
Beneke Corporation
Magnolia Products
Congoleum Industries, Inc.
DAP, Inc.
Frigidaire
GAF Corporation
Gas Appliance Manufacturers Association
General Electric
Inclinator Company of America
Jenn-Air Corporation
Joanna Western Mills Company
KitchenAid/Hobart Corporation
Nasco
Nutone, Inc.
Olympic Stain
Pella Windows & Doors
Red Devil
St. Charles Fashion Kitchens
Sub-Zero Freezers
Tru-Test Paint/Cotter & Company
Whirlpool Corporation

GENERAL ELECTRIC

"THE NEW POTSCRUBBER® III IS THE BEST DISHWASHER GE HAS EVER MADE. WHO COULD ASK FOR ANYTHING MORE!"

—Debbie Reynolds

IT WASHES DISHES CLEANER. The Potscrubber III dishwasher features the new exclusive Multi-Orbit™ Wash Arm that is uniquely engineered to direct a constantly



changing pattern of water up through the dishes to wash them thoroughly from many angles. This arm, combined with a Power Shower on top and a Power Tower in the middle, gives a 3-level washing action that gets dishes and glasses cleaner than ever.

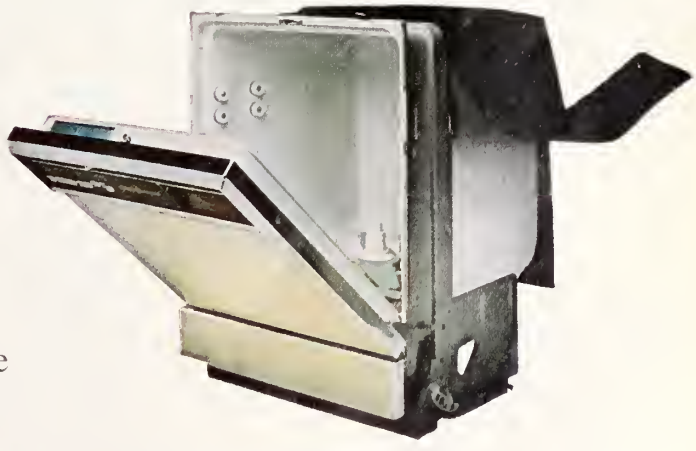
And the Potscrubber III even washes the messy cooking utensils. Its special Power Scrub® cycle, while it may not do everything (such as remove burned-on soils), is designed to remove the heavy dried-on and baked-on foods from pots, pans and casseroles.

IT SAVES WATER AND SAVES ENERGY. Almost 80% of the energy used in a dishwasher is in the hot water it consumes. The Potscrubber III dishwasher was specially designed to use less hot water. In fact, you can save hundreds of gallons a year.

And that's not all. With the Potscrubber III, you don't have to waste heat to dry your dishes if you don't need them right away. You just press the Energy Saver button and the dishes will dry naturally. And you don't even have to run your Potscrubber III as often as other dishwashers, because the new Super Racks hold more dishes.

AND IT RUNS QUIETLY, TOO. We created our own material for our dishwasher tub and door. It's called PermaTuf.® And not only is it tougher (it won't chip, crack, peel or rust in normal use), but it's a sound dampening material, too. And we didn't stop there. We even surrounded the PermaTuf tub with a blanket of sound insulation.

The Potscrubber III dishwasher from General Electric. Who could ask for anything more?



THE APPLIANCES AMERICA COMES HOME TO.

GENERAL ELECTRIC

Redecorate your bath with NuTone Bath "Furniture"

Beautiful Vanities...9 Styles Plus Coordinated Bath Cabinets and Sidelights

Please send **FREE** information about the NuTone Bath Products.

Name

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Make your Bathroom "Just Right"

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Dept. HG-9, Madison and Red Bank Roads
Cincinnati, Ohio 45227.

Form 4658 Printed in U.S.A.

Quick patching tips

for walls and ceilings

By Deanne Raffel

Doing up an old house or apartment you can face cracks and flaws in walls and ceilings. Plaster as it ages becomes dry and brittle. It cracks from structural strain, separates from the lath, sags and may fall out in chunks. Flaking is apt to occur especially on outside masonry walls, due to excessive moisture. Damage must be corrected before painting or wallpapering. Here's how to fill cracks:

Step 1. Scrape out all loose plaster. Open cracks with a can opener (the church-key type). Undercut both sides of the crack to give patch a good size area to hold onto.

Step 2. With a mister or brush, using clear water, thoroughly dampen the crack and adjacent area. Mix plaster according to package directions.

Step 3. With a flexible putty knife or scraper, force the thick creamy plaster into the opening. Draw the blade over the crack to level the surface. Apply a second coat if required. Let dry and sand smooth, using fine grit abrasive paper around a block of wood.

Step 4. Dust the patch and seal with cut shellac or primer, before either painting or wallpapering.

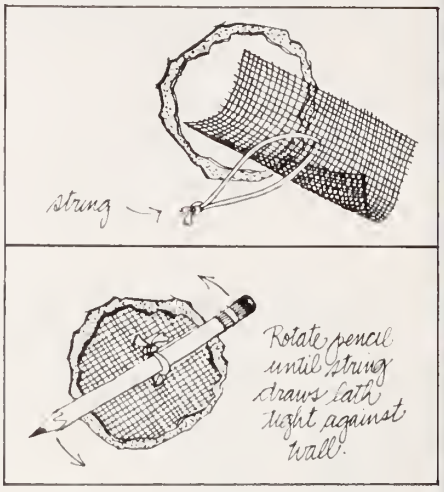
To fill holes

Method A, for wood lath

Clear area of loose plaster. Shoot staples into area to prevent more plaster falling down. Mix plaster, dampen area, butter edges of the holes with plaster and work toward the center. Do not fill the open space completely up to the surface. Let the filler set (it does not have to be dry) and repeat plaster to level the hole. Use a strip of wood to remove the excess and provide a flush surface. If a third coat is necessary, use prepared joint compound (from hardware store). *Note:* For walls or ceilings with metal lath, use the same approach but omit staples.

Method B, for holes where even the lath has gone

Clear away loose plaster. Make a new lath backing with metal lath, hardware cloth, or screen (for small holes). Cut the mesh in a rectangle or square larger than the hole (see drawing). Thread a 4- to 5-inch length of heavy twine through the center of the mesh. Knot the ends together. Slip the new lath patch into the hole. Hold the twine so that the patch stays in position. Insert a stick, pencil, or dowel through the twine to hold lath to



wall while you fill hole with plaster. Complete the plastering as in Method A. Snip twine once the plaster has set. Apply second coat as before and smooth the surface level.

Super sandpaper

New sandpaper speeds up and improves efficieney in sanding by hand or machine. Sheets of fine grade, medium grit, or coarse sandpaper, ⅔ by 5¼ inches, have an adhesive backing which adheres tightly to a sandblock for smoother operation. Kit of five sheets and sandblock, about $3.19. For vibrator sanders, there is a self-adhesive, vinyl conversion pad. Attach it to the sander, then apply the adhesive-back, 3⅔-by-7½-inch sandpaper. Pad and sheets, about $1.73. For circular disc sanders, insert the foam backup pad and press on the adhesive sandpaper discs; they stay flat, wear evenly. Kit of pad and 5 "Press N' Sand" discs is about $4.10. Products at hardware and discount stores. 3M Co.

Continued on page 88

Pattern shown: Carnegie.

"Now there's a beautiful GAF floor designed for an active family."

"I'm Cori Martin, Interior Designer. And I know if a floor can stand up to heavy use, then the room will maintain its good looks. That's why GAF introduces GAFSTAR® sheet vinyl with SVS.™"

SVS—Super Vinyl Surface—for the beautiful, yet exceptionally durable floor.

GAFSTAR sheet vinyl with SVS resists some of the most difficult everyday stains. The no-wax,* high-gloss finish is easy to maintain. And SVS takes on the toughest treatment and still looks like new.

Ask your flooring dealer about SVS in the new GAFSTAR 6700 series. It's the beautiful floor that can stand up to your active family.

GAF® **GAFSTAR®**

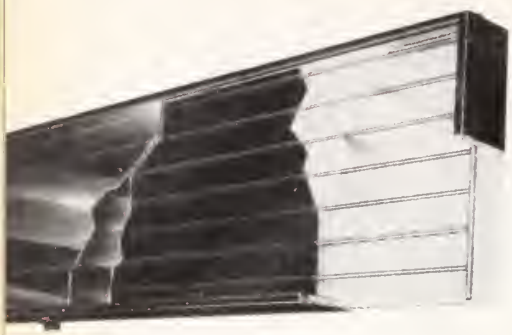
Sheet Vinyl Flooring

For a free full-color booklet, or the name of your nearby flooring dealer, call toll-free anytime, 800-243-6000 (except Hawaii and Alaska). In Connecticut, 1-800-882-6500. Or write GAF Floor Products, Dept. Z978 Box 1121, Radio City Station, N.Y. 10019

*If necessary, gloss can be restored in heavy traffic areas by application of GAF® Floor Finish.

HOUSE FIXER

continued from page 86



Sunshine collector

Solar collector plates, applied to rooftops to capture the sun for heating living quarters or household hot water are now more obtainable. This high efficiency flat plate collector, one component of a system, consists of a double-glazed cover panel, a black-coated absorber panel with copper tubing, and fiberglass insulation. The solar collector absorbs direct and diffused sunlight which passes through the tempered glass and is absorbed by the copper plates' black coating. Converted to heat energy and trapped by the glass plate, this heat is transferred to water in the copper tubes. It is then circulated to a heat storage tank. PPG Solar Systems, 1 Gateway Center, Pittsburgh, Pa. 15222.

Ceiling cover-up

A textured finish for ceilings (you can apply it yourself) is "Easy Tex." With a paint roller, a light or heavy texture is possible by varying your pressure on the roller. The non-asbestos mixture provides a white finish and the first coat doesn't have to dry before you roll on a second one. It doesn't need a final paint coat. A 10-pound package, approximately $6 in home centers and paint stores, covers about 150 square feet mixed with water. Gold Bond Products Div., National Gypsum Co., 2580 Walden Ave., Buffalo, N.Y. 14225.

Top heat saver

A new fireplace damper is installed atop the chimney instead of above the firebox. With the damper closed, air in the chimney remains warm and when it is opened to light a fire, cold air doesn't push down to make the fire smoke. Heat loss up the chimney from the house heating system is reduced also and the chimney-top damper seals out weather, downdrafts, birds, and insects when closed. A hand pull cable and chain installed in the flue opens and closes it. In three sizes, 9 by 13 inches, 13 by 13, 13 by 18 (sizes can vary 1 inch). Cast aluminum damper, stainless steel cable. Suggested price, $49.95; largest size, $62.50. Lyemance International, 141 Sherrin Ave., P.O. Box 6651, Louisville, Ky. 40206.

Energy saver

A tankless water heater, especially suited to second houses, boats, recreational vehicles, supplies instant hot water. Since water is heated as used, energy isn't wasted storing hot water. 13 by 11 9/16 by 5 7/16 inches, it can be installed for sink or shower, has a dial for continuous hot water (or warm or cold) from one faucet. Fueled by LP bottled or propane gas, pilot light is lit by ignition button, has protective safety device. $129.95; electric model, $119.95. Kiley Div., General Mail Corp., 25 Valley Dr., Greenwich, Conn. 06830.

News for remodelers

House & Garden's Book of Remodeling has ideas on how to improve, make over, and add on to your house, or to rejuvenate, restore, or convert one. To be published in September by Viking Penguin. You can take advantage of our special price—$29.95 plus $1 for postage (regular retail price, $35). The all-color book has chapters on adding a room or wing; enlarging space; transforming a mill, schoolhouse, firehouse, loft, barn, house and apartment, hopeless house and white elephant; preserving historic houses. To order, write Condé Nast Books, P.O. Box 3308, Grand Central Station, New York, N.Y. 10017.

Patch cracks in walls fast. Panel walls easier.

DAP Interior Spackling Compound is ready-mixed for easy filling of fine line cracks or deep holes in walls and ceilings. Has a smooth-spreading texture. Dries quickly. Sands to a feather edge and takes paint beautifully. Contains no asbestos.

DAP Panel and Dry Wall Adhesive saves time and work in paneling a room. Reduces need for nailing. Simplifies panel alignment. Fastens paneling and wallboard to studding and furring with a tough, water-resistant bond.

DAP is a registered trademark of DAP Inc

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Depend on fix-up products
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IS YOUR SALAMI GETTING OLD BEFORE ITS TIME?

Salami after 5 days in a Frost-Proof refrigerator.

Salami after 5 days in our Food-Life Preserver.

After a few days in your refrigerator, does your juicy roast become nothing to boast about?

Can your custard still cut the mustard?

Does your chocolate mousse start getting mousey?

Maybe it's about time you took a look at Frigidaire's Elite Line of refrigerators.

Because aside from features like solid-state ice makers,* Electri-Saver switches, and tempered-glass shelves, two models also have a Food-Life Preserver. It's a special section that not only has a vegetable Hydrator and a seven-day Meat Tender, but also an Unwrapped Food drawer. The drawer helps keep unwrapped food fresh for days by sealing air out and moisture in.

And it makes the storing of hard-to-wrap foods, like a piece of cake, a piece of cake.

So throw your food a life preserver and get a Frigidaire refrigerator.

Because with today's prices, losing an expensive cut of meat is the unkindest cut of all.

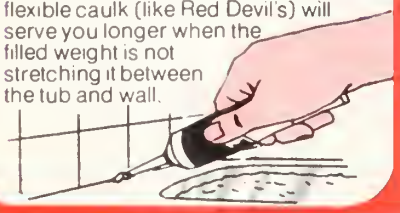
FRIGIDAIRE GM
WHY SETTLE FOR LESS?

*Available at extra charge

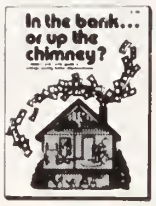
Look for our complete line of refrigerators and other Frigidaire appliances at your local Frigidaire dealer.

Handy ideas on home fix-up

Fill the tub before you caulk. (Get in if you can, too.) Then, when the tub is empty, it'll rise slightly and squeeze the caulk. Even a good flexible caulk (like Red Devil's) will serve you longer when the filled weight is not stretching it between the tub and wall.

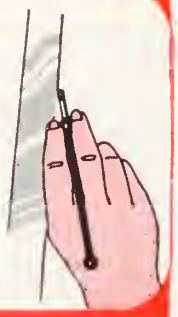


Save money when you save energy. This new 72-page Energy-Saving Book has dozens of do-it-yourself energy-saving tips that can save you hundreds of dollars. The cost is only $1.25 plus 50¢ postage and handling. Send check or money order to: Save Energy, Dept. B2, Box 310, Maplewood, N.J. 07040.

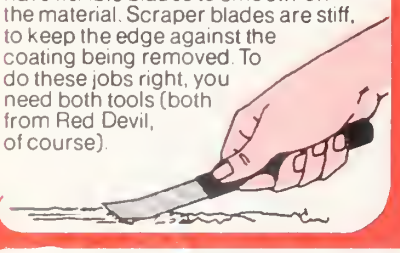


Give your new bathroom or mosaics a decorator look. Add a touch of color to the grout before you put it between the tiles. Just mix acrylic paint tint (from wherever you buy paint) with Red Devil Instant Tile Grout and see the exciting effect it creates.

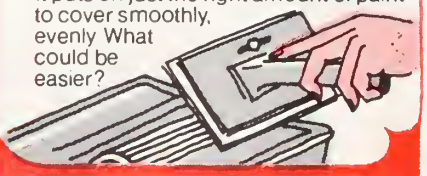
You don't cut glass with a glass cutter. You score it to release surface tension. So don't press too hard or go over it a second time. Hold your Red Devil cutter between the index and middle fingers as shown, (a drop of oil on the cutter helps, too). Then, you've got the score.



A putty knife is not a scraper. And vice versa. Putty knives (for spackling walls and puttying windows) have flexible blades to smooth-on the material. Scraper blades are stiff, to keep the edge against the coating being removed. To do these jobs right, you need both tools (both from Red Devil, of course).



Go easy on the paint with your pad painter. If you let the pad soak up too much paint, you won't get the best possible results. That's why Red Devil has a patented metering tray designed especially for pad painters. It puts on just the right amount of paint to cover smoothly, evenly. What could be easier?



Red Devil has hundreds of things to make your home fix-up easier. Look for them wherever you shop for home-care products. And for best results, always follow directions on the package.

Red Devil

UNION, N.J. 07083

ENERGY UPDATE

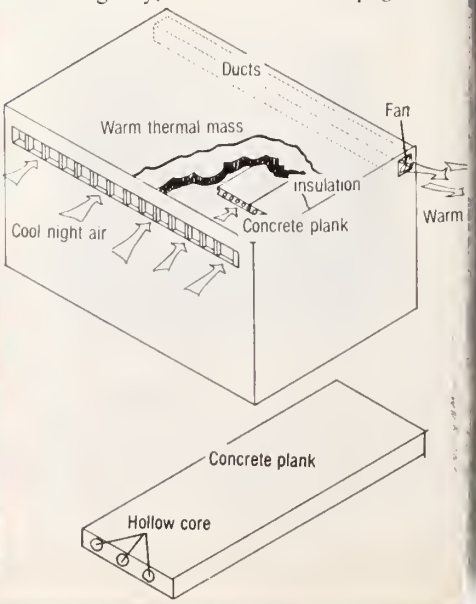
7 ways to cut down on utility bills

By Jim Morgan

In more than twenty states now, 55 percent of the first $3,000 spent on insulation, solar heat collectors, or nighttime ventilation equipment is tax deductible. Check your state law to see whether you qualify for tax benefits by making energy conserving improvements to your property. Recently, 1,000 energy enthusiasts gathered in Philadelphia to hear 200 papers in a five-day conference sponsored by the Department of Energy and other organizations. Experts produced new ideas in insulation, window protection, heating, and gave a rundown on low-energy building techniques. Here are seven ideas to help you save energy.

Air conditioning alternative

If alternative energy sources continue to be installed at their present rate, says California State architect Sym Van der Ryn, California can support a doubling of population in the next fifty years, without using more fossil fuel. What's more, decentralization of energy production will help create more jobs. A house that helps keep itself cool may use the thermal mass principle—a thick insulating roof to absorb the sun's heat. Within the roof, which may be made with hollow concrete planks, ventilation channels draw cool night air through the thermal mass by means of a fan. The cool air reduces heat in the roof, so it can gain maximum sun absorption the following day. *Continued on page 94*



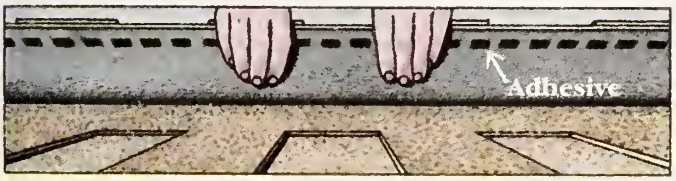
How the leading maker of asphalt roofing can keep you from making a very expensive mistake.

Buying asphalt shingles without knowing what to look for is playing "roofing roulette." Mistakes can be very costly.

There are many different shingles available, but GAF can help you find out which one is best for you.

First, check the weight. The heavier and thicker your shingles, the longer they're likely to last.

Be sure that they're self-sealing. Top-quality asphalt shingles have a special adhesive that holds them down tight against the rampages of wind. (See illustration)



Select a color that you'll want to live with for a long time. Because GAF shingles carry warranties* of from 15 to 25 years.

Remember that GAF offers asphalt shingles to suit every home. From GAF® Timberline® heavyweight shingles (pictured) with their deep, irregular shadow pattern, to the more traditional GAF® Standard "Self-Seals."

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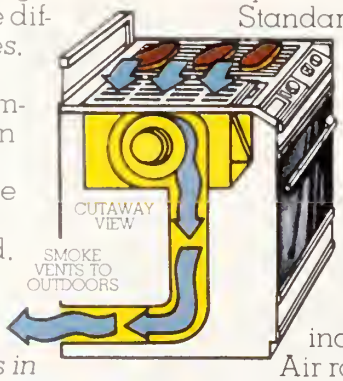
Jenn-Air. The range

It gives you more ways to cook...vents away smoke and odors right at the rangetop to keep your kitchen cleaner, sweeter.

Most ranges on the market today differ little from the ranges of 30 years ago. The Jenn-Air range differs a lot. It *breathes.*

The range that breathes. It's the simplest way to explain how the extraordinary Jenn-Air range works.

There's no hood. A powerful ventilation system, built into the oven and rangetop, *breathes in air* to whisk away smoke and odors, *breathes out air* to keep your kitchen cleaner, sweeter.



And most important, Jenn-Air's built-in ventilation gives you more ways to cook—virtually every method of cooking the world has ever known.

You get more ways to cook, including 5 ways conventional ranges don't offer.

A Jenn-Air range can give you just the right temperature for all conventional cooking methods: boiling, braising, frying, baking, roasting, and broiling. But then, a Jenn-Air range gives you even more ways to cook, cooking methods that conventional ranges don't offer, cooking flavors you can't get any other way.

Standard rangetop heating elements are *removable* and *replaceable* in seconds with any of 5 different Cooktop Convertible units that give you your choice of 5 more ways to cook.

You can *grill* indoors with a Jenn-Air range. Thick steaks, or heavy chops sputter and sizzle as they absorb a rich char-flavor. Smoke is whisked away into the rangetop ventilator located just inches from the meat.

You can *spit roast* buttery chickens, spicy barbecue ribs, succulent pork roasts, whole legs of lamb. The meat turns lazily on the electric spit, basting itself in its own rich juices.

You can *griddle* a breakfast of bacon and eggs for a whole family, short-order quick.

You can *shish kebab* with 4 spits turning at once, loaded with beef, lamb, shrimp, sausage, vegetables, whole meals on a skewer.

And you can *deep-fry*

doughnuts, fritters, French fries, hush puppies, without filling your kitchen with greasy smoke and odors.

Choose from 2 different ways to roast and bake, including the way professional chefs use.

The roast-and-bake oven of the Jenn-Air range is actually two ovens in one. First, it's a conventional electric oven and broiler that lets you cook all your present recipes without change. But then, just by flicking a switch, it becomes a professional type *convected* oven that roasts and bakes in a stream of power-driven air—quicker, at lower temperatures.

Cooked in this swirling airstream, meats brown-up more quickly with a crust of delicious brown coating that traps the hot, seething juices inside. Beef roasts cook lushly pink and fork tender all the way through. Turkeys turn a rich, golden brown, bubbling with rich juices, and they cook in less time. Chickens, hams, roasts of pork all come out filled to bursting with juice and flavor.

This oven not only stays cleaner, it has an "ACCELERATED CLEANING" cycle, too.

Every time you use the Jenn-Air oven it works to keep itself cleaner. Greasy build-up is reduced because this oven, like the rangetop, is fully vented—smoke and steam are exhausted direct to outdoors. Spattering is reduced because the Jenn-Air oven cooks cooler. The oven stays cleaner, too, because of a special surface that works to disintegrate deposits in normal oven heat.

The Jenn-Air oven also has a special cleaning cycle. Just switch the oven selector knob to "ACCELERATED CLEANING" to remove accumulated deposits.

Cook the way you want to in a cleaner, sweeter kitchen.

If you're in the market for a range today, be sure to see the self-ventilating range with five Cooktop Convertible units that let you choose the way you want to cook. For the Jenn-Air dealer nearest you, see the Yellow Pages, call toll free 800-428-1825, or write Jenn-Air Corporation, 3035 Shadeland Avenue, Indianapolis, Indiana 46226.

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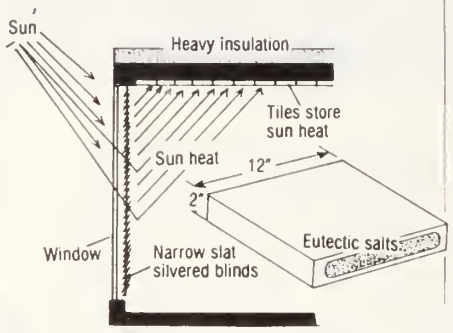
ENERGY UPDATE

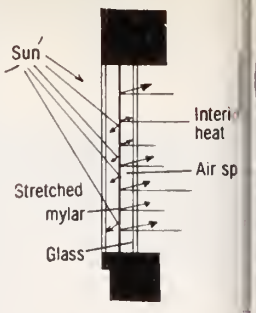
continued from page 90

Heat-absorbing ceiling

What energy alternatives can you use living in an apartment? One idea by Dr. Maria Telkes for a Massachusetts Institute of Technology project involves heat-absorbing ceiling tiles. Tiles are filled with eutectic salt, which change from a solid to liquid state in high temperatures. Sun coming in through the window is deflected up to the ceiling by narrow silver-bladed Levelor blinds, and the heat is retained in the tiles. Dr. Telkes has been experimenting with these "phase change" tiles as they are called since 1949 when she developed a solar house with architect Eleanor Raymond. While they are not immediately available, interest in marketing them is higher than ever.



Heat mirror window



Double or triple glazing is well worth the investment in energy savings. Double glazing may be improved with a thin translucent sheet of plastic placed in the 2- or 3-inch air space between the panes of glass. The sheet is coated with tiny metal particles and forms a "heat mirror." It may be used to help keep warm air inside the house, or deflect the sun from the outside. For more energy-saving window ideas, get "Window Design Strategies to Conserve Energy," Pamphlet 104, $3.75 from the Government Printing Office, Washington, D.C. 20402.

Greenhouse additions

Greenhouse additions for collecting solar heat not only help you save money on utility bills but provide a source of revenue, too. Flowers may be sold to local florists and fresh vegetables grown for nutritious family meals. Greenhouses bring humidity as well as warmth into the whole house during dry, cold winter months. Be sure to combine your greenhouse with a thick concrete or masonry floor which retains heat for nighttime radiation back into the room.

Continued on page 96

Exlite supreme

Fiberglass is the designer solution

Joanna has the answer to a functional, good-looking stock or custom window shade. Exlite Supreme is woven of Owens-Corning Fiberglas® yarns, making it a flame-resistant shade that will hang beautifully for years without curling.

Colors are inspired by nature, and are available in a wide range from ivory to rust to heather.

Like all Joanna Window Shades, Exlite Supreme saves energy: up to 8% in heating fuel costs and 21% in air-conditioning costs.* Exlite Supreme is a complete designer solution.

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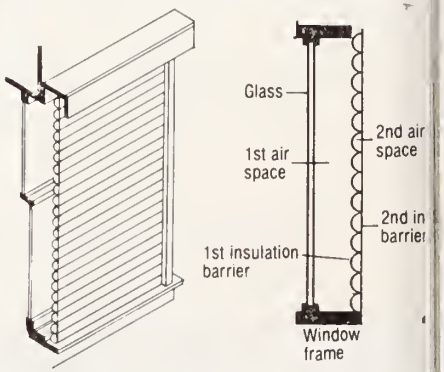
ENERGY UPDATE

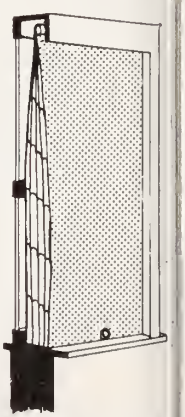
continued from page 94

Energy-conserving window shades

Seventy-five percent of winter heat loss is through windows in the average house. Windows should be your target area especially if you do not have double glaze. Treat them to special protection. Quilted shades with a reflective plastic film vapor barrier are a new development. They have translucent fiberfill insulation to reduce heat leakage. Made by Appropriate Technology Corporation, P.O. Box 975, Brattleboro, Vt. 05301.

Roll-up barriers called Thermo-Shades work on the principle of a thermos bottle, with reflective surface and still air space. Each segment of the shade has a sealed air space. The shade has a highly reflective white pigment imbedded into it. It may be used to keep sun out in summer, or to prevent heat loss through glass in winter. Even if you have only a single-pane window, this thermos shade saves 75 percent of ordinary heat loss. Write Solar Energy Components, Inc., 212 Welsh Pool Rd., Lionville, Pa. 19353.





Another form of window protection consists of a curtain of five paper-thin leaves of aluminum foil. As hot air accumulates in the room, leaves inflate, creating a substantial air barrier in front of the window. Contact Ron Shore, Box 238, Snowmass, Colo. 81654, for details of this invention.

Today, energy saving is focusing on simple "passive" techniques rather than complicated mechanical devices. And we can expect lots more ideas within the year. At last the Department of Energy is sponsoring a full-blown design competition to attract energy-conscious architects and designers. Natural materials, earth, air, and water can go a long way, said Don Beattie, Assistant Secretary of the Department of Energy for Conservation and Solar Application, to give us the total comfort we need.

For more energy-saving ideas and products, please turn to page 196. ■

Pella wood windows offer more insulation for less money

Pella Double Glass Insulation

Ordinary insulating glass

Pella offers more insulation for less money.
Pella's Double Glass Insulation System, with its full 13/16" air space between panes, outperforms welded insulating glass — yet costs less per window. In addition, you get the natural insulating qualities of Pella's wood construction, plus the best weatherstripping available. It all adds up to real energy savings.

Pella • Lots of elbow room

Others • Very little elbow room

Only Pella makes a wood window *this* easy to wash.
Only Pella windows are equipped with a hinging system that allows the sash to crank out a full 90° *to the center of the frame.* You get lots of elbow room to clean outside glass — even reach the farthest corners — quickly and easily from inside your home. As a matter of fact, every ventilating window Pella makes — casement, double-hung, and awning — is engineered to be the easiest window you ever washed.

Pella Rolscreen® is hidden.

Easily pulls down.

Latches firmly.

Only Pella makes a disappearing screen. The Pella Rolscreen® is a screen that works like a window shade. It rolls up and out of sight to give you a crystal clear view and let in 20% more light. Then, when you need it, the screen pulls down and latches firmly into position. An interesting option to the standard inside screen on our Clad Casement.

Pella Clad Windows won't chip — won't peel.

Unprotected windows require regular maintenance

Pella's aluminum exterior needs no painting. Pella wood windows give you the best of both worlds: aluminum cladding in attractive colors outside — all-wood construction inside. We think that's important. Some wood windows that offer clad protection wrap the *exterior* finish all the way around the sash so you see it on the *inside,* which can cause decorating problems. But with Pella, all you see inside is rich, warm wood.

Optional Pella Slimshade® opens to let in the view.

Adjusts at the touch of a dial to control heat and light.

Pella's Slimshade℠... the energy saver.
The Slimshade is a narrow-slat blind that fits between the panes of Pella's Double Glass Insulation System. Besides providing privacy when closed, the Slimshade can lower heat loss by 62% and solar heat gain by 82% when compared to a single pane, unshaded window. A practical energy saver.

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Please send me a copy of "Window & Door Ideas".
☐ I plan to build. ☐ I plan to remodel. ☐ I would like an appointment at the Pella Planning Center nearest me, have someone contact me.

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HOW TO WALLPAPER A ROOM

New easy-to-use wallcoverings and hanging instructions from Karen Nyman, who papered the one-room apartment on page 122

By Lorna Caine

Faced with an old house and a small budget, Mrs. Nyman, a housewife with two children, decided to try papering a room. Armed with booklets from her local wallcovering store, she went to work. From there, she went on to paper the rest of the house and as her husband's job required a series of moves to different houses, she had plenty of practice. Mrs. Nyman found papering so enjoyable that she decided to turn professional. When she asked advice at a local wallcovering supply store, the owner was so impressed by her work that he offered her a job. From there, she launched out into her own business and has recently been asked, as the Paper Lady, to be the spokesperson for the Wallcovering Information Bureau. She finds paperhanging both relaxing and satisfying creatively, because, as she says, "You can see a change in the room immediately. I can set my own hours and work around the children's schedule." Mrs. Nyman has worked out many tips of her own and her instructions, below, are easy to follow.

The wallcoverings she used are pretrimmed, as are many wallcoverings today. However, if the one you have chosen has an unprinted excess—selvage—this is what you do:

First, cut your strip to wall height. Match the pattern with the next strip before cutting off the selvage. Place a 5- or 6-foot metal straightedge (this looks like a long ruler) on the pattern side of the trim marks, making sure the paper is resting on a clean work table. Now mark the edge of the strip lightly at three points with a pencil. Line up your straightedge with the pencil marks and then, placing your razor knife upright against the edge of the straightedge, steadying it with your left hand, cut the paper firmly. Repeat with each strip.

Many wallcoverings now come prepasted as well and only need to be soaked in water, according to the manufacturer's instructions. If you do need to paste, you have a choice of adhesives for paper. There is wheat paste, which only needs to be measured, mixed with water and made smooth, like the consistency of gravy. Or there is premixed acrylic adhesive, which is ready to use and is very easy for the beginner. Vinyls need a vinyl adhesive of which there are three kinds—powder, liquid, and premixed. Do check with your dealer or the manufacturer as to which is the best one for the vinyl you have chosen.

When you feel it is time to change the color or pattern of a room, this can be easily done, as there are now strippable wallcoverings. These are specially treated to come off easily and may be made of paper or vinyl backed with fabric or paper, or one of the new nonwoven synthetics.

How much paper do you need?

Measure the perimeter of your room and multiply it by the height of the ceiling. This gives you the total square footage of your area wall. The suggested rule of

Continued on next page

Some houses were never meant to be painted.

Architect: Architectural Workshop Moscow, Idaho John Anton Berg—Designer

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continued from preceding page

thumb is to divide the total square footage by 30, which will give you the number of rolls to order.

When you receive your order, examine each roll for variation in color, and carefully read manufacturer's directions.

Preparing your walls

If the wallpaper on your wall is in excellent condition and the seams and edges are tight, then you can paper over it. However, check with your dealer on the appropriate sizing or primer and sealer required. If it is in poor condition and if there are many layers, remove the old before you apply new wallpaper. If in doubt, remove. To remove wallpaper, you can use a steamer or a garden sprayer, which you can rent from your wallpaper dealer. Or if the existing wallpaper is a modern strippable one, it will come off easily. Just pull it up at a corner or seam. Fabric-backed vinyl can also be removed in this way. Paper-backed vinyl peels off, but leaves the paper behind. You can use this as a lining, or remove it. Scrub a well-soaked sponge over the surface and then scrape off paper with a scraper. Or use a steamer. Paper can be applied over vinyl, but it just isn't a good idea to do, as vinyl can be so easily removed. Vinyl can be applied over paper in good condition by first sealing the paper with a bonding agent. Vinyl can also go over vinyl, as the vinyl adhesive will stick well. But as vinyl is so easy to peel off, you might as well remove it. Also, two layers of vinyl on the wall could be too heavy and might peel away.

Once you've stripped and washed your walls, prepare and prime them just as you would for painting (see page 134).

Setting up

You need a large table. Two card tables pushed together or two sawhorses covered with a sheet of plywood would do very well. Clear the wall area of furniture and put your stepladder into place. Put dropcloths on the floor to protect your rugs.

Measuring, cutting, and pasting

1. Determine the width of the wallcovering; most are 27 inches wide. The best place to start, especially for a beginner, is to measure from a corner to a point ¼-inch short of the width of paper. Drop a plumb line from that point to establish on which line to line up the first strip of wallpaper. Make dots along length of plumb line. Connect the dots into a pencil line. This is then the true vertical.

2. Measure height of wall. Add 2 inches top and bottom to length of wallpaper when cutting. Match pattern for second strip to first and cut. You can do this with four strips at a time, but be sure to recheck your wall height from time to time. Tip: If your cutting table is marked every 12 inches, your table can be the ruler.

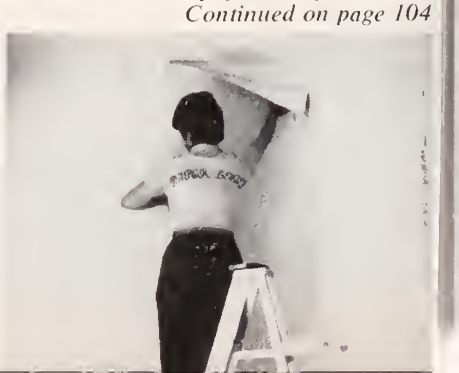
EDWARD OLEKSAK

3. Put strips face-side down in order —first one on top. Fan out sheets so that any excess paste on top sheet will go onto second, and so on. Always lay paper so the top is to your left. Make certain that you use the type of adhesive recommended for your wallcovering. Cover the back of the wallpaper completely, smoothly and evenly. The Paper Lady applies paste with a paint roller (see page 125). Paste in a good light so you don't miss any spots, as they can show up as blisters on the wall. Paste one half of the paper and fold the top of the strip over, allowing paste to rest against paste. Pull the remaining unpasted section onto the table, paste the portion and then fold the bottom section up, so the top edge and the bottom edge meet—be careful not to crease the fold. These last two steps are called "booking." As many as four strips at one time can be pasted for hanging.

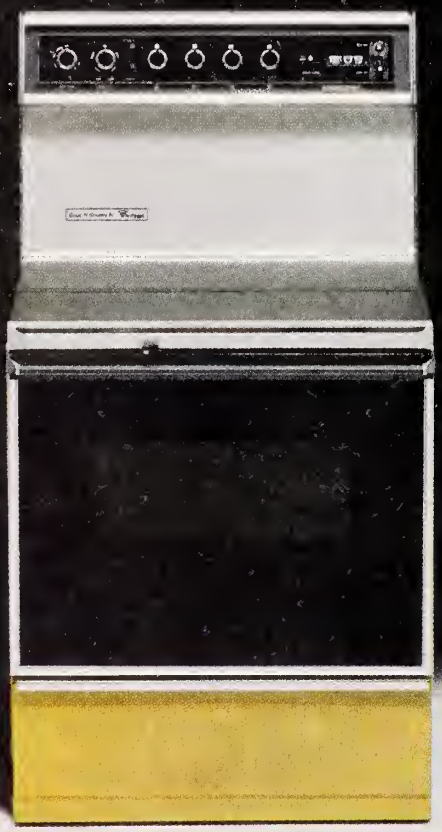
Hanging the first strip

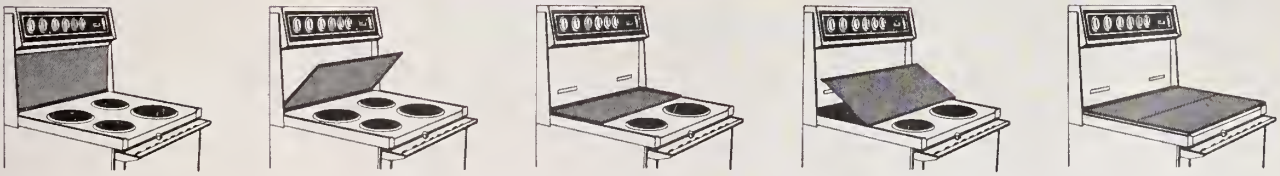
4. Carry the folded wallcovering to the penciled plumb line. When you have climbed the ladder, open the top portion carefully, letting the rest fall. Allow 2 inches to overlap at the ceiling or cornice line. Be sure one edge is aligned with the plumb line. You can use your hands to slide the paper into place.

Continued on page 104



How we topped a great range.





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Think of it as a steam bath. At home.

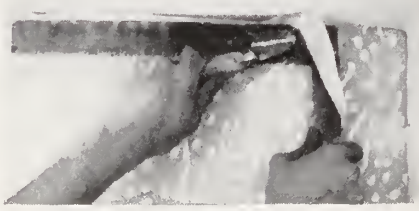
U.S. Patent Number 4,084,271

B & M Manufacturing Co.
P.O. Box 787, Richboro, Pa. 18954

How to wallpaper
continued from page 102

5. Brush with a smoothing brush in downward and outward strokes. Smooth out bubbles and wrinkles with your fingers or lift the paper gently and brush firmly over that part. Make sure there are no air bubbles on the bottom section. Also make sure you have brushed firmly into the ceiling and baseboard.

6. Trim along the ceiling and baseboard, scoring with back of blade before cutting. Trim excess paper with a very sharp razor knife. Tip: Change razors very frequently. (Mrs. Nyman uses 15 to 20 a day.) It makes the job much easier to have a sharp, new blade.



7. Use a seam roller to flatten the edges. Dip a sponge in clean, warm water, squeeze thoroughly, and remove excess paste gently from wallpaper before it dries. It will leave a glue-like stain.

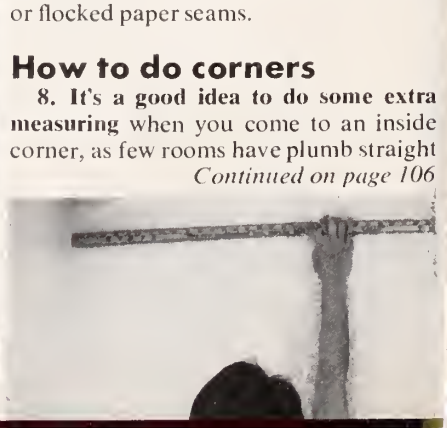
Hanging the second strip

Now that the first strip is up, the work will go much more easily. Next, look for the "match" side of the wallpaper. Paste strip as before. Butt the edges as close to each other as possible without overlapping. Try not to stretch the wallpaper, instead just gently slide into place. Smooth with your brush, as you did the first strip. Trim and sponge. Roll the seams firmly after each strip is completed. Be sure to keep the seam roller clean. However, do not roll embossed or flocked paper seams.

How to do corners

8. It's a good idea to do some extra measuring when you come to an inside corner, as few rooms have plumb straight

Continued on page 106



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corners. Measure from the edge of the preceding strip to the corner and at three heights—baseboard, ceiling, and the point midway between them.

9. Next, cut a strip ½-inch wider than your widest measurement. (Keep the leftover piece of paper as you may use it to paper the adjacent side of the corner.)

10. Butt the strip to the preceding strip, taking care to brush the strip firmly into the corner. At the top and bottom of the corner, snip with scissors so that the paper will lie flat. Using a straightedge, measure the width of the remaining piece of paper. Then on the adjacent wall, measure the same distance from the corner and make a plumb line at that point. Depending on the direction you

are going, position the correct edge of the wallpaper strip to the plumb line—the other edge will cover the ½-inch overlap. (If your wallcovering is vinyl, use a vinyl-to-vinyl adhesive on the ½-inch overlap.)

11. An outside corner is a little easier. You butt the last strip against the previous strip, smoothing and brushing as much of the paper as you can around the corner, being careful not to buckle the paper at the top and bottom corners. Do be sure to brush all the air out of the corner, so that there are no bubbles. Again, snip with scissors into the corner at the ceiling and baseboard overlap at each corner, so that you can smooth the paper in place.

For free booklet, "How to Hang Wallcoverings," write Wallcovering Information Bureau, Dept. HG, 66 Morris Ave., Springfield, N.J. 07081. ■

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lor were just a surface event, it couldn't change our lives vay it does. But, like the excitement of music or fragrance, r has impact. It reaches out from a living source—a mood, emory, a unique message about the way you feel. (The ent Chinese thought colors were emanations from the ets, each bringing a different emotion and musical note to h.) When you decorate with color, you communicate some- g no one else can, something active and real that's as onal as the sound of your voice. Let your decorating speak language, with colors that make you feel good—and tell the world why. To limber your vocabulary, here's an full of inspiring ideas for living in color now.

Painting with new color is still the quickest, easiest, least expensive way to give rooms allover freshness without remodeling, says decorator Arthur Smith. "And the new House & Garden Colors are full of personality. Buttercream to make everyone healthy-looking; Pink Blush sparked with a dash of red or green for light and flattery; Blue Blue for drama, especially in an entrance hall; and serene Watercolor Blue on fabrics for a peaceful bed-sitting room."

Reach for Raisin when you experiment with the new House & Garden Colors—it's one of the most flexible, says designer Bruce Gregga. "Raisin really belongs to two families—the browns and the pinks—and works well with both groups. A room colored predominantly in Pink Blush and Raspberry Cream, with Raisin highlights in the fabric and furniture, would be delightful in any period style."

Use color for real surprise and the punch you want your rooms to have. Albert Hadley of Parish-Hadley Inc. suggests a Daffodil library, for instance, or Blue Blue to line a seaside cabana. And the pretty pastels—like Watercolor Blue and Pink Blush—on the living room ceiling, for light and lift.

Dynamic duos. Balance an unusual color with a familiar, comfortable one. Designer Robert Currie says his most effective room this year has black-green walls, ceiling, and floor—a dramatic shell for beige furniture. "It's a very exciting room: The two colors equalize each other naturally and together they create an atmosphere that's both warm and extraordinary."

Big color in a small space can give it all the decorating drama of a larger room. Designer Mark Hampton suggests an alluring blue, like House & Garden's new Bistro Blue, for a narrow hall or entrance foyer. Dress it with mirror and a tree or fern for a finished, graceful look.

Color it healthy. Living with a variety of colors and heightening your color-awareness can improve your health and strength, says Dr. John Diamond, developer of a new Psycho-Aesthetics program to boost energy, increase creativity, and reduce stress. He has found through muscle-testing that your color environment has an important effect on day-to-day emotional and biological patterns. "We need to surround ourselves with a wide range of nature-related colors, and learn to see and use them as artists do—to look at the sky and find hundreds of different tints making up the blue."

White looks whiter—and much more exciting—when you make the floor of a white room a deep, rich color. Three excellent stains that come in a rainbow of colors, let the wood grain show through, and are good to your floors are Benwood Stain (by Benjamin Moore), Minwax, and Duraseal. All available at Janovic/Plaza, New York.

for a lift

Color is decorating now. Color for a change, for a charge, for a quick easy-to-do vitality boost—for every room

Two real-life experiences..

Who's getting a lift from color? The Provosty family, left, renewed their New Orleans house inside and out with House & Garden Colors (here, chips of Buttercream and Lavender). Marie Risse, opposite page, gave her one-room apartment a wash of House & Garden Watercolor Blue with Diane Von Furstenberg's new patterned wallpaper and fabric. For more about each of these color stories, read on

color for a choice

Introducing House & Garden's exciting new palette for 1979

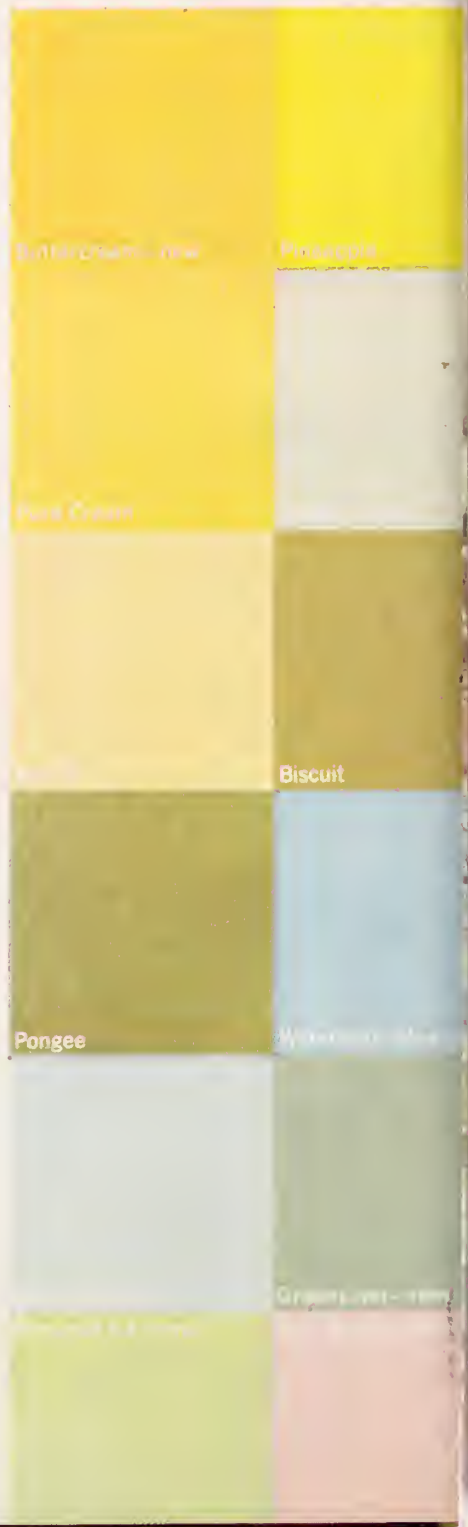
The spectrum has seven colors, scientists say, but decorators know better—and so does House & Garden. Here, fifty great choices, twelve of them brand new, to inspire your decorating this year. The news? Rich, mellow colors like **Bistro Blue, Daffodil** and **Blue Blue**; exciting offbeats like **Raspberry Cream, Pink Blush**, and **Raisin**; and a whole new selection of luminous pales: **Caramel Cream** and **Buttercream, Greensilver** and **Pistachio Ice, Watercolor Blue** and **Ice Blue**. And still on the rise are the versatile naturals, softened and subdued in an assortment we call Pearls and Shells (see them on page 138). To help you fill your house with color, here's a chart you can take with you to shop for everything from fabric to kitchen appliances. House & Garden's set of color chips lists the manufacturers who make their designs available in House & Garden Colors all over the country. To order your own set, please turn to page 100. And to get you started, some top designers have chosen their new favorites and told how they'd use them. For more color tips, see page 111.

William Hodgins: "The new colors reflect a softness, subtlety, and ease that I think people want in their home now—a little prettier, more romantic. Imagine a Daffodil bedroom with lots of white trim, filled with multicolored pastel fabrics, and held together by a carpet in deep blue-green."

John Saladino: "Ice Blue, Watercolor Blue, and Greensilver make gentle, reminiscent alternatives to white. They also lend themselves to striping: In an odd-shaped room—a hexagonal breakfast room, for example—roll the colors right over the molding and woodwork in stripes. They'll make the room brand new."

Whitney Chase: "I see three great combinations for a living room in an old-fashioned apartment with very high ceilings. With Buttercream on the walls, paint moldings Caramel Cream, floor and ceiling in Raisin—all in very high-gloss lacquer. Use a print for the upholstery, like batik. With Ice Blue on the walls, make your moldings Bistro Blue and cover the floor and ceiling with Blue Blue. Or Pink Blush walls, Raspberry Cream moldings, Raisin floor and ceiling. Used this way, the triads will make the big room younger and cozier."

John Dickinson: "Use an ice cream palette of Ice Blue, Greensilver, Pink Blush, Raspberry Cream, to give a contemporary room soft, flattering atmosphere."



color for a change

How sure strokes of color in pattern and paint revived a New Orleans Victorian—and made it young again

Do it with color—give an old house a new vitality with fresh color indoors and out. You can do it with color in paint or color in pattern. Or use both, and double the impact as Van and Denise Provosty did in their typical New Orleans Victorian house. They wanted to retain the flavor of the old house—"as little remodeling as possible"—but they wanted it to look young and up-to-date. In the living room, for example, a wonderful warm terra cotta covers the walls from the baseboards to the cornice moldings and gives the room an allover sense of coziness. One bold geometric print upholsters the armless chairs, the window seat, and the sofas, which designer Ann Dupuy placed with the chairs in a circular arrangement that emphasizes their rounded shapes. More pattern is used where you least expect it—and hardly notice in the shadow of so strong a geometric. In the hutch, the pink and green pattern looks like a brightened version of the wall color; and on the English armchair, there's another small print, nearly the same shade as the pillows. The white curtains are patterned with windowpane checks in colors borrowed from the geometric. The Provostys were so happy with the way the room looked that they lightened the terra-cotta wall color and used it outdoors (see page 113). (Did you notice the roof spikes that have kept generations of city pigeons from nesting under its eaves?)

Left: In the living room, the surprise of balloon shades among simple curtains.

KAREN RADKAI

Color for a change

"For the bedroom, calm color, quiet pattern, the natural warmth of wood"

While color and pattern sound a strong note in the living room, the mood music in the master bedroom, *left*, is played by a palette of pale neutrals that create a calm, peaceful atmosphere. "Bedrooms should be restful," says Mrs. Provosty. "And they should appeal to the man as well as the woman." The House & Garden Lavender she and designer Ann Dupuy chose for the walls is soft and creates a background that recedes right before your eyes. The fourposter bed, a modern version of the old-fashioned tester bed you might expect to find in a Victorian house, is wearing a beige and white "faux animal" print that feels masculine —but looks delicate because of its fluid design. What color there is comes from baskets full of flowers and plants that change with the season: here, lavender exacum to highlight the wall color; red wax begonias on the floor; and, behind the sofa purposely angled across one corner, a palm tree. Everything else, including the batik pillows and the plaid throw rugs, fits so naturally into the luminous neutral spectrum that the room looks almost like a monotone of color.

In the dressing room through the door on the left-hand side of the French writing table, *left*, a lively gray and beige plaid wallpaper that picks up the pattern in the bedroom rugs. It's a tiny, dark room that needed some perking up—without the addition of new bold colors—and so Ms. Dupuy used an allover pattern that's not too much of a shock in a small room that's used mainly for storage. "Nobody spends much time in here," says Mrs. Provosty. "So it's really just a lively variation on a very quiet theme."

KAPEN RADKAI

Color for a change

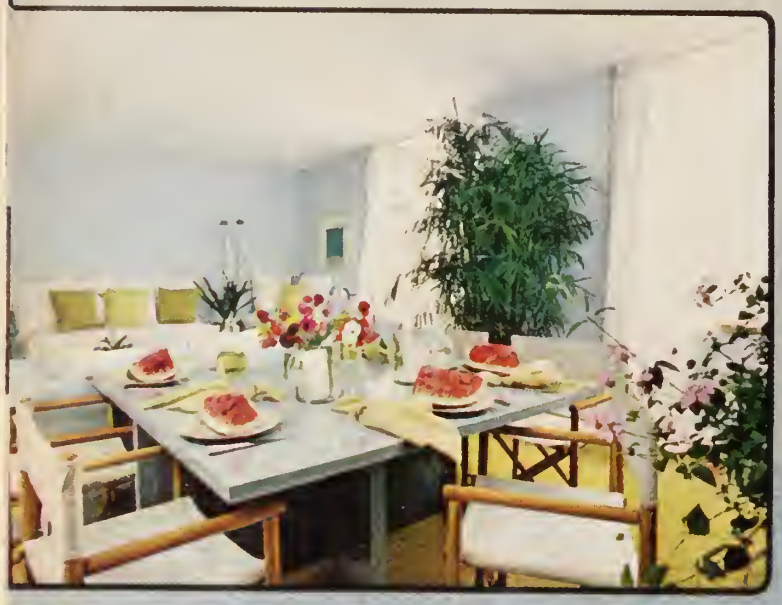
KAREN RADKAI

"Every room is anchored with one self-assured pattern. Colors follow naturally, but a tone or two deeper than you'd expect"

Dining room, *left*, has the same terra-cotta-colored walls as the living room next door —and the same white woodwork (with newly added paneling below the chair rails) and tied-back curtains. But in the dining room, pattern is on the floor in an antique durrie rug that accentuates all the earth tones in the room. White linen skirts give life to the surprisingly dark English chairs. The chandelier was designed by Ms. Dupuy.

[redacted] Kitchen wallpaper, *right*, continues all the way into the breakfast room. The vinyl floor looks like Mexican terra-cotta tiles. House & Garden Sweet Lime chairs. In the family room, *above and opposite page top*, a durrie rug in House & Garden True Blue and white. For the sofa, House & Garden Buttercream—"You'd expect white—so I used a deeper tone instead," says Ms. Dupuy. On the porch, ficus trees with braided stems.

Downstairs, subtle variations of the same colors and patterns turn up in every room. "I wanted the house to be relaxing," says Mrs. Provosty, who, with four small children, leads a very active life. If you wander from room to room, you're never jarred by another range of colors or shocked by a radically different pattern. In each, there's one major pattern—and everything else follows naturally. In the family room, a durrie rug inspired the bar-top tiles. And the kitchen wallpaper is so similar to the living-room fabric you might think them identical.



cool for compact living

How to expand a one-room apartment—with fabric, wallpaper, and nonstop spacemaking ideas

Color it big—that was the idea behind using Diane Von Furstenberg's new small-printed wallpaper and fabric in House & Garden Watercolor Blue in this one-room apartment. It's a multipurpose room designed with a young woman in mind, someone like Marita Risse, Diane Von Furstenberg's assistant. On the walls, one tiny print smoothes out all the imperfections, helps open up the space, and creates a wonderful warm background for people and objects. On the furniture, another small print stands out to become little islands of pattern on a floor colored out by bleached cocoa fiber rugs. To highlight the all-over blue, white cotton in long floor-to-ceiling panels curtains the windows and, quilted, it upholsters the seating cushions. The built-in platform is the width of a single bed and the long cushion is really a mattress that's used for sleeping at night. (It has a whole wardrobe of blue and white bedclothes tucked into the drawers underneath it.) But, wearing white, and arranged with the corner cushion to make room for tabletop space, the mattress looks more like a living-room banquette than a bed on a storage platform. Opposite it, the sofa closes the conversation area with the chairs and ottoman around the coffee table. In back of a table that folds down to 8 inches or expands to seat 10.

Left and opposite page, top left: The gray lacquer table (from Cy Mann) works for writing or dining. Folding wood-and-canvas chairs by Gold Medal. "Coral Reef" wallpaper and "Daisy Fern" fabric treated with Scotchgard by Diane Von Furstenberg for Wall-Tex. Upholstered furniture by Century. Shopping information, page 180.

KAREN RADKAI

Color for compact living

KAREN RADKAI

The banquette is a bed, a table, a storage chest; the gray writing table unfolds to seat 10

Above: Marita Risse begins her day with breakfast in bed (on blue china, of course). Whether it's dressed in blue and white for night, or white quilted cotton for day, the bed-banquette contributes to the blue and white mood of the room. The laminate cocktail table has pull-out leaves on all four sides—so, bedside, it can become a night table. Glass bowl and saucer on the banquette's end table by Glassworks from Jack Lenor Larsen. "Sun Check" sheets by Springs Mills.
Left, top and bottom: By placing the sofa across from the banquette in the middle of the room, a second area is created behind it for studying or dining. After work, Ms. Risse has a few friends over for fruit and wine. Shopping information, page 180.

How-to tips

Karen Nyman, The Paper Lady, who wallpapered this room, suggests:
1. Stirring paste with an ordinary wire whisk—it smoothes out lumps better than a wood stirrer.
2. Spreading paste evenly with a paint roller.
3. Trimming paper against a metal square; and using it to measure paper, too. 4. Wallpapering bookshelf standards to make them disappear right into the wall—and "to make shelves look like they're without any visible support at all."
For more of The Paper Lady's ideas, see page 101.

EDWARD OLEKSAK

Above: Opposite the banquette wall, a fireplace flanked by bookshelves filled with Ms. Risse's favorites. To make room for great big storage baskets, the shelves stop short of the floor (you can see one on the right-hand side of the fireplace). On the mantel, a pair of ginger jars from LCS. Above it, one of two prints from Bernard Jacobson Ltd. (the other one is on the wall behind the wicker-based ottoman). Elongating the windows are panels of white cotton curtains that pass the sill and reach all the way to the floor. Between them, one big palm tree—instead of lots of little plants that could clutter the room. Rugs by Import Specialists.

color *for a mood*

Sensuous pales for living, rich color for dining. An apartment where ingenious use of carpeting, fabric, mirror, and steel creates the inviting atmosphere

In this refreshing apartment filled with naturals, carpeting in House & Garden Dove slides down the wall onto a banquette lit from beneath and plumped with buttery suede-cushions. For splashes of flower brilliance, interior designer John Saladino added raw silk pillows in Blue Flower, Sun Yellow. For the unexpected wicker chairs, an elm-burl coffee table and a strip of mirror to create the illusion that the windows continue on.
NORMAN McGRATH

Color for a mood

In the dining room, upholstered walls, storage banquettes, and a brilliant red table that splits for cards or parties

In a surprising color switch, the apartment moves from the soft shades (Dove, wheat, white) that turn the living room into a creamy envelope, to the rich, sparkling tones of the dining room. To ease the transition, interior designer John Saladino ran a Sultanabad rug with hues from both rooms along the hall, *below left,* then wound a U-shaped façade of stainless steel (enclosing entrance to bedroom and powder room) into each section. "Because the dining room was originally small and cold," explains the designer, "we covered the walls and banquettes with House & Garden Sienna duck to make it look like a precious box." The tables—rubbed with analyne-finished paint so that the wood grain shows through the high-gloss thermal lacquer —can either lock together for formal dinner parties and poker games, or separate for buffet suppers. The exposed bulbs in the track lighting point up the white glossed ceiling. The bedroom, *above right,* fuses dining and living room with a Sienna lacquered wall in a sea of off-white.

In dining room, *left,* tables come together for formal parties; banquettes are used to store china, stemware. *Below:* The uncluttered look of Lucite-based tables, here separated, play up the sweep of bare floors. *Opposite page:* Between dining and living rooms, a bar/stereo center. *Above:* Shutters hide an unwanted view, give the bedroom a country look. *Opposite page, bottom:* Plan of the apartment.

cool for a shine

In a terrific kitchen, a new laminate with a surface of real chrome

Brushed chrome and cream on a new slant changed a dim kitchen-and-pantry in the Sanford Cohens' apartment into this gleaming multi-purpose room, below left. To open the space, Barbara Ross and Barbara Schwartz of Dexter Design, Inc. built a step-up diagonal platform for the cooking area, below right; the old pantry became a mirrored bar facing a wall of cabinets and a built-in wine rack, right. A new high-pressure laminate with a real chrome finish, by Formica, on all vertical surfaces, is warmed with soft naturals: Oyster White laminate countertops, Pongee ceramic flooring, and Copco cookware in Biscuit. Cabinets by Roseline. American Olean "Crystal" tile supplied by the Tile Council of America. For the complete remodeling story, please turn to page 174

WILLIAM P. STEELE

for a whole new look

One luscious red in a cleverly remodeled city apartment

To the rescue with color and space-making style came designer Valerian Rybar in an apartment full of problems. He carpeted floors and walls in deep red, and dropped a mirrored ceiling inset into the middle of the living room, *right*, covering beams and doubling the room. To give it architectural elegance, he resculpted an awkward window-wall with vertical polished-metal blinds on a curving track, and made the other end wall into a carpeted curve with a built-in bar, *above left*. To accent the red, dark brown Naugahyde lines the walls of the dining niche, *above right*. Print fabric from Hannett-Morrow; carpet by Bigelow. Cocktail table by Paul Evans for Directional. Blinds by LouverDrape. For shopping information, turn to page 180.

WILLIAM P. STEELE

BRUSH UP ON PAINT

To help you decorate your rooms, an up-to-the-minute guide to paints and painting—instructions for two decorator-designed wall finishes, plus tips from experts to make the job a breeze.

WHAT'S IN PAINT?

Paint is: A *vehicle* that holds everything together, *pigments* that add color, coverage, and body, and *thinners* that bring the mixture to a spreading consistency. The amounts are adjusted, and additional ingredients added (colors, drying agents, extenders) to produce different kinds of paint.

Latex is a generic term for paints thinned with water. Most contain as a vehicle either vinyl or acrylic resins. Latex paints are fast-drying, easy to spread, clean up easily with soap and water, retain color and gloss well, and are almost odorless.

Alkyd and oil-base paints are thinned with solvents (turpentine or mineral spirits). Because alkyds (synthetic resins) provide a harder film and superior color retention, they are now used instead of oil as a vehicle in most solvent-thinned interior paints—but these are often still called oil-base. Alkyd paints are harder, more resistant to water, and penetrate better than latex paints.

Epoxy paint contains durable epoxy resins as its primary vehicle. Unlike most paints, epoxy paints dry by a slow chemical reaction, rather than by oxidation. They must cure for five days before they are completely hard. Some epoxy paints are precatalyzed, that is, premixed in one can instead of two. They are thinned with a special epoxy solvent. They dry to a smooth, sparkling, tough finish; provide excellent resistance to abrasion, water, alcohol, and many stains.

Glaze is a clear varnish-based coating used to achieve depth and effects not possible with opaque paint. It is slow-drying, and tintable with oil color or paint.

Lacquer-based coatings are extremely fast-drying. Most are too difficult for the average user to handle; few are available for general use. The term is often misused to describe a shiny, hard-drying enamel or glaze finish.

Enamel traditionally refers to a high-gloss paint, but today, any paint with a smooth hard finish, regardless of sheen, is often called an enamel. High gloss enamels are often used on wood, plaster, floors, decks, and metals.

Texture paint (also called sand paint or stucco paint) is a thick, texturized substance that disguises wall imperfections and creates an interesting texture. Texture paint is brushed or rolled on; roughened with a trowel, whisk broom, sponge, texture brush, or textured roller cover. By nature, texture paints are difficult to clean.

Interior stains are formulated to enhance new wood. Some can also be used over paint for a different effect. Stains can be clear, semitransparent, or solid, and have a latex or oil base.

How to paint with a roller

"Cut in" along the edge of walls, ceiling, baseboard, and window and door frames with a brush or smooth pile spreader.

Mentally divide the wall into 9-square-foot sections—each uses about a roller's worth of paint.

Don't let the roller get too dry—you'll spread the paint too thin.

—National Decorating Products Assn.

The palazzo finish

Interior designer Harrison Cultra has developed this finish to create mellow textured walls "like those you see in old Italian villas." It's easy to do, and good for rough imperfect walls. Apply wheat paste sparingly to wall, then stretch on theatrical gauze, muslin, or thin India cotton, disregarding any wrinkles or creases. These will only add to the finished texture. When dry, prime with an alkyd primer.

The strié finish

For walls with perspective and a dimensional tone that almost looks like watered silk, try dry-brushing—a classic, quick decorative technique. Harrison Cultra always uses flat finish paints—"they make the topcoat brush on more slowly; you work more carefully, and end up with a finer finish."

Far right: Harrison Cultra dry-brushes pink paint over white walls. You can dry-brush 6 square feet in about five minutes, using just a quart of paint for an average 9-by-12-foot room.

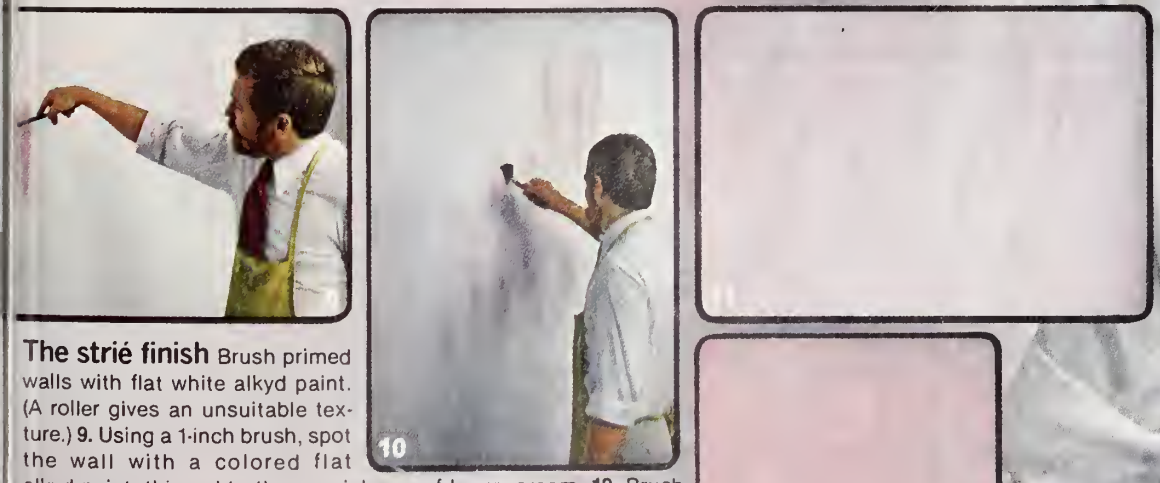
OLEKSAK

How to paint with a roller. Let the roller saturate in a half-full tray of paint for 3 or 4 minutes. **1.** Eliminate excess paint and prevent tracks by drawing the roller up the slant of the pan and tilting it from side to side on its ends.

KEITH TRUMBO

In each section, stroke up the center, then diagonally up left and right. **3.** Two such patterns ould fit into each section. **4.** Fill in with short vertical strokes. Always start in an unpainted area d work back to the previously painted area to prevent marks. Finish rolling in one direction.

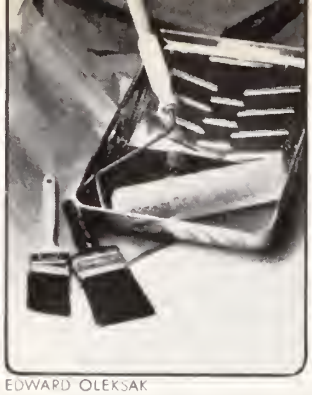
ne palazzo finish **5.** Apply white semigloss alkyd paint. **6.** When dry, roll on a coat of colored glaze. When the glaze gets tacky, wipe away with a dry roller, in swoops, arches, zigzags, and skids that help eate texture. **8.** Roller tracks and glaze caught in the creases of the fabric give a shadowy play of color.



The strié finish Brush primed walls with flat white alkyd paint. (A roller gives an unsuitable texture.) **9.** Using a 1-inch brush, spot the wall with a colored flat alkyd paint, thinned to the consistency of heavy cream. **10.** Brush out the color in quick long vertical strokes until the brush is very dry. **11.** First coat will be light. **12.** Apply a second coat to finish.

CHRIS REINHARDT

BRUSH UP ON PAINT



EDWARD OLEKSAK

What to paint first?

Paint from top to bottom and, if you're right-handed, right to left:

1. Ceiling and walls
2. Doors and windows
3. Trim*
4. Floor

*If trim color is different from the wall, paint trim first. Here's why: A trim brush must run along the narrow edge of the casement, while a wall brush or painting pad can rest entirely on the wall and easily cut close to the trim.

Choosing your painting tools

In general, top quality painting tools more than make up their extra cost by saving time and frustration. In fact, Neil Janovic of Janovic/Plaza paint store in New York says that you can get nice results with a less expensive paint if you choose a better applicator. On the other hand, if you have limited storage space, rarely paint, and are only tackling a small job, one of the newer disposable painting tools may be just the thing for you. Here is a rundown of painting tools.

Brushes come in all sizes; 1- to 2-inch trim brushes or angled sash brushes for edgings, windows, and hard-to-reach places; large brushes for cabinets, doors, walls, and ceilings. Natural bristles are recommended for oil or alkyd paints, synthetic bristles for latex. Bristles should be tapered and split ends are desirable as each split, or flag, carries paint.

Rollers are speed demons, great for filling in large flat areas quickly. The roller handle should have a threaded socket for an extension pole. The rougher the surface to be painted the longer the nap of the roller cover should be. Use a mohair or polyurethane foam cover for high-gloss enamels and varnish. Lamb's wool covers are only used with oil-base or alkyd paints—they get soggy in latex paints. Synthetic-blend covers can be used with all types of paint.

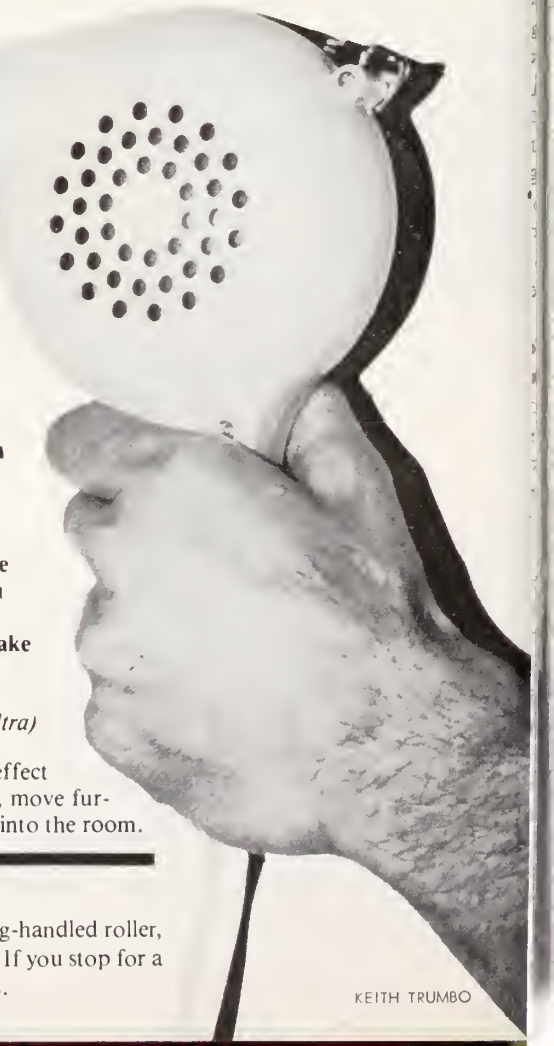
A smooth pile spreader is a synthetic short-bristle replaceable pad on a permanent angled handle. On smooth flat surfaces, many painters find it faster than a medium-size brush, and there's no splatter or "flick-off," as there may be when using a brush or roller. A spreader generally leaves no lap marks. They come in several widths and, with guide wheels or a guiding edge, help cut a smooth line around ceilings, corners, and trim. To use, dip spreader in paint and wipe it across the surface, always stroking in the same direction. Finish with long, light strokes.

Throwaway applicators are like brushes with foam pads instead of bristles. They are very absorbent, leave no brush marks or hairs to mark your finish, but tend to drip. They are inexpensive—usually less than a dollar—and come in standard brush widths.

A painter's mitt is a large lamb's wool glove that fits over your hand and is dipped in the paint for covering odd, irregular surfaces like radiators, pipes, and columns.

To spot-dry in a hurry take aim with your hand-held hairdryer and blow

A dryer speed-dries spackle or primers on patched areas. Or to see how a paint is going to look, interior designer John Rieck paints a 18-by-24-inch illustration board, dries it quickly with a dryer.



KEITH TRUMBO

What paint goes over what?

In general, it's best to use paint with the same vehicle that was used before—alkyd over alkyd, latex over latex. Compatible vehicles adhere best. If you must switch, be sure that the present paint film is well aged, clean, and dulled, then prepare the surface with a primer that is compatible with your new topcoat.

How many coats of paint do I need for best results?

The fewer the better. The more paint on the wall, the more likely it is to peel or crack. In general, for pastel colors, 1 coat primer and 1 finish coat. For deeper colors, 1 coat primer and 2-3 finish coats, depending on the color.

Choose a paint two shades lighter than the shade you think you want. It's a common mistake to choose too dark a color. *(Harrison Cultra)*

To judge the effect of paint color, move furnishings back into the room.

Painless (almost) ceiling painting

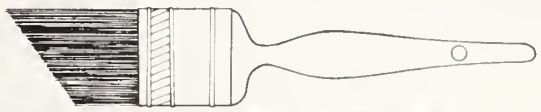
1. Wear a hat. **2.** Cut along the edge of the ceiling with a brush. **3.** Fill in with a long-handled roller, painting back and forth in 3-foot strips across the shortest dimension of the room. **4.** If you stop for a break, end at one side or the other, not in the middle, so you don't leave lap marks.

To paint a window the easy way

Wash frames and moldings. Tape around each pane next to the frame. Coat the rest of the glass with an opaque cleaner like Glass Wax. Paint spatters will disappear when tape and cleaner are removed.

Use a 1½-inch angled sash brush. Paint inner frames first, then outer trim, sill, and apron.

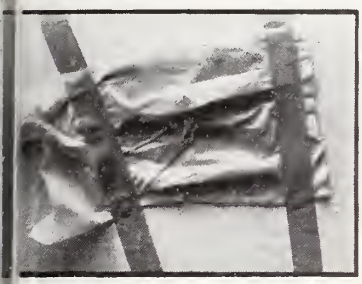
Remove masking tape when paint is set but not completely dry for a clean edge. As paint dries, move window up and down a few times to prevent sticking.



"Careful wall preparation is 80 percent of a successful paint job"

—David Barton, president of the Murray Hill Painting Company

For preparation techniques and tips, and paints to use on special surfaces, turn to pages 70 and 101.



How can I tell what type of paint is on my walls now?

Wet a wad of paper toweling and tape it to the wall. Leave on overnight and remove it the next day. If the paint has shriveled, it's probably latex. If not, it's probably alkyd or oil-base. It helps to keep a record of every paint you use. (Janovic/Plaza)

Paint finishes

Flat finish paints contain more pigments than semigloss or high gloss paints. As flat paint dries, pigments protrude through the paint film, forming an invisible "nap," which scatters reflected light and produces a flat soft-looking finish. Small surface imperfections and brush marks are least apparent, and hiding is best.

Semigloss, eggshell, or satin finish paints have a more balanced pigment/vehicle ratio, and produce a soft, pleasant low-to-medium gloss. They show surface imperfections a bit more readily than a flat finish does, but flow on easier.

High-gloss paints contain more vehicle and less pigment than flat or semigloss paints. The more vehicle a paint contains, the harder and shinier the finish will be. The pigments in a glossy paint do not protrude from the surface, but remain under the paint film. High-gloss paints provide the least hiding and are most likely to show brush marks, but reflect the most light and are easy to wash.

A word about hiding

The amount and type of white hiding pigments (titanium is the major one today) in a paint determines how well it will cover. Light-colored paints may cover better than dark-colored paints with less white hiding pigments in them. Likewise, a low-quality paint loaded with pigments may actually hide better than a higher quality paint that has more vehicle and is more scrub and stain resistant. A well-balanced paint formula provides all-around performance in as many areas as possible.

Earth pigments like umber, titanium, and sienna cover better than chemical pigments like yellow, orange, and red, which are quite transparent. Yellow is one of the most difficult colors to use as a topcoat, owing to the transparent nature of the chemical pigments. Red is the most difficult to paint over because the pigments tend to bleed through.

Undercoverage

A **primer** is the foundation for a topcoat. An existing painted finish in good condition can usually serve as a primer. Sometimes, an initial coat of new paint is recommended to serve as its own best primer.

A **sealer** is used to fill porous surfaces like concrete and new wood, to minimize penetration of the topcoat.

An **enamel undercoater** is applied to unpainted surfaces and dries with a flat surface that is "toothier" than the slight sheen of a primer or sealer, to provide the best adhesion under glossy enamel topcoats.

Primers, sealers, and undercoaters can be latex-based: fast-drying and excellent for surfaces you wish to paint the same day, for instance, wallboard, plaster, and masonry. Or, alkyd or oil based: for extra adhesion and penetration, slow-drying, for surfaces that receive hard wear. Many products are formulated as both primer and sealer or all-in-one primer-sealer-undercoater. Check the label.

Special metal primers are formulated to protect and provide corrosion resistance and sound adhesion for topcoats. Some even cover badly rusted surfaces, some can be applied over damp surfaces, and some clean up with soap and water.

A **deglosser** prepares surfaces for refinishing by softening the paint film and "etching" it, removing the sheen, to enable a new coating to bond freely.

A **bonding agent** is a clear "sandwich" coat that forms an adhesive bond between coats. It can be used in place of sandpaper or deglosser, and on surfaces like glass, where they cannot be used.

You'll need one of these products

on unpainted or unfinished surfaces.
over difficult-to-cover colors.
over wood stains that tend to bleed through paint
on patched surfaces.
over a calcimine or cement-based paint.
on metal surfaces.
over wall-covering.

PAINTING TIPS

● Cold weather may thicken paint stored in the garage or basement. Immerse the can in a pail of warm water to restore its normal consistency without using thinners.

● Brushes and rollers will hold more paint if they're first dampened with an appropriate thinner, then rolled or brushed out on a towel until quite dry, before painting. Clean-up is easier, too.

● Old dropcloths can be a fire hazard—use disposable plastic ones instead.

● Pick loose bristles off a freshly painted surface by dabbing them with the tip of your brush.

● Shelves coated with flat latex paint should be finished with polyurethane to protect the surface.

● Take a break. Avoid nightly and between-coat clean-ups by immersing brushes and rollers coated with oil-base paints in water just deep enough to cover the bristles or nap. To use them again, just shake them out, then roll or brush out on paper towels or a towel to remove water.

● The deep freeze. For longer breaks, brushes and rollers coated with oil-base paints can be wrapped in foil, frozen for months, then "defrosted" before you resume painting.

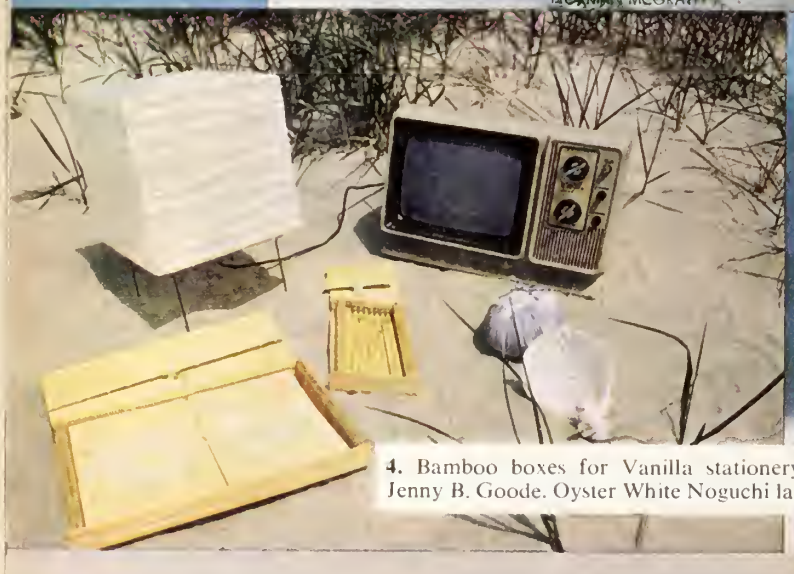
1. Biscuit earthenware designed by Roy Hamilton for Tiffany & Co. Sienna handled flatware by Ingrid.

JOSHUA GREENE

2. Sculpture for sitting in natural molded beechwood. By Gibson.

3. Pearl and Shell colors in a room by Roger Baugh with sheets he designed for Springmaid's "Along the Nile" collection.

NORMAN McGRATH



Color finds

in House & Garden's new Pearls and Shells

4. Bamboo boxes for Vanilla stationery, Biscuit pencils, Mercury sachet. All at Jenny B. Goode. Oyster White Noguchi lamp. Zenith TV in Pongee. Vanilla shell light.

5. A palette of Pearl and Shell patterns to paper your walls. From left: papers by Lee/Jofa, Panache, Designfriends.

6. Quilted Dove and Vanilla; stripes, brush strokes, and florals in Pearls and Shells; Biscuit stripes on Vanilla; . . . and a strong statement in Sienna. Craig, Schumacher, Quadrille, Scalamandre, China Seas, Browne/Metzger.

7. Vanilla mugs with "initial" handles by Berkshire Stoneware. Biscuit cookware by Copco.

8. Dove tops and chrome bottoms for 16 unique chairs to mix and match. DIA.

9. Mercury, Pongee, Sienna, Biscuit, and Tender Taupe cachepots by Ingrid. Eden tiles in Mercury, Biscuit, Shell, and Pongee. Pongee lamp, Dove planter.

10. Curl up in Sienna suede chair. Square frame. By Drexel Heritage.

11. Pick-a-pillow in Sienna, Oyster White, Biscuit, and Dove in four quilted patterns. By Capital Ideas.

12. Wash and dry in Mercury. Kohler sink with "Bravura" fixture in 24-carat gold. Bath towel by Fieldcrest.

13. Hefty, even-heating cookware in Dove by Wilton Armetale. For shopping information, please turn to page 180.

WILLIAM P. STEELE

Indoor gardens that keep the house full of summer all winter long

Anything grows

1 A porch designed for plants and people

Here's a porch turned outside-in, with three sides of arched windows and a flower hedge of primroses grown from seed. The primroses are in pots that sit in built-in window boxes—wooden troughs, set above low radiators and lined with copper and a layer of pebbles to keep plants cool and well-drained. In these 9-inch-wide and 4½-inch-deep liners—ideal for hiding pots, easy to clean—Mrs. Hannah Wister grows three varieties of primrose. Primula malacoides and Primula obeonica (German or poison primrose—wear rubber gloves) both originated in China, have broad leaves and a wide range of colors. Primula kewensis, a long-leaved buttercup-yellow variety, was developed in the 19th century at the Royal Botanical Garden at Kew. To spark these annuals's soft pastels are, *left to right*, pots of geraniums, strap-leaved orange clivia, cyclamen, and streptoearpus. Geraniums and fuchsia hang from the ceiling, and neatly trimmed rosemary, heliotrope, and Myrtus communis standards sit on the floor. Wicker chairs, a table for cards or tea, a sisal rug on a rough brick floor, and 16-by-22-foot ceiling "blue as the sky" make the porch a year-round room for plants and people. The only windowless wall has closets and a small sink, "a big help in cleaning up." Primroses, for whitefly, "are tempting as chocolate": To foil them, Mrs. Wister sprays with Pratt's greenhouse whitefly spray every 3 weeks. Just before going out for the evening, she sprays, shuts the door linking the porch and living room, then airs the porch well next morning. In June, plants go outside to bloom again.

Right: An indoor garden for flowers, full of bright wicker seats. A stepladder doubles as end table and plant stand.
Top: Mrs. Hannah Wister potting up in a tiny lean-to just outside the porch.
Opposite page below: Topiary rosemary, Myrtus communis and fragrant heliotropes grown as standards beneath an amaryllis. Beyond, a corner table set for tea.
Left: Three different garden rooms—the porch on this page and two other ideas shown on the following pages.

BEADLE

1

MARINA SCHINZ

2

3

4

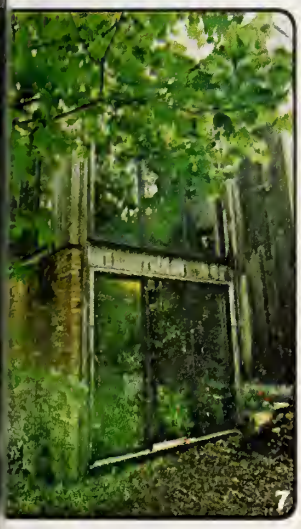
5

2 An energy-conscious plant stairwell that earns its keep

Here's a plant tower that does a lot more than grow plants—it's a stairwell, a passive solar collector, a three-climate greenhouse. The small house had a 3-story south wall with practically no windows, so energy-conscious designers Tom Ickovic and Annie Bliss of Southampton, Long Island, added a 26-foot-high wing with Thermopane panels that gathers sun during the day, radiates it back to the house at night. The earth floor is protected from cold winters by a 4-foot foundation insulated on the outside with Styrofoam and vermiculite, so that the ground level stays a cool, moist 55 degrees that ferns love. The sunnier middle level off the living room is a comfortable 68 degrees. The skylighted top climate is warm, 75 or 80, perfect for tropical plants, and it helps to warm adjacent bedrooms through the night. Marine-supply nylon pulleys, operated from the center landing, bring plants within easy reach for hosing or feeding. Walls are cedar lined; wooden stairs are protected with tung oil. A fish pond at the bottom and an industrial humidifier at the top keep plants happy, people healthy.

3 A greenhouse o a terrace for a parade of year round flowers

EDWARD OLEKSAK



1. Looking down the 16-by-10-by-26-foot plant tower.
2. Three-level greenhouse addition with stairway.
3. At the top, plants on pulleys make tending easy. Humidifier below domed skylights is painted white.
4. Middle level glassed-off from living room, with fire drum stove.
5. Ground level with earth floor, small water garden.
6. Front door, with vertical greenhouse on far left.
7. Sliding glass doors to open to the breeze.
8. Annie Bliss, husband Tom Ickovic, son Sam. Painting by Syd Solomon.

If plants are taking over the house, maybe they need a house of their own. This prefabricated greenhouse, 20 by 36 feet, was set right on top of a terrace to transform a front porch into a garden room. "With the greenhouse attached to the house I could keep track of the children while taking care of the flowers," says Mrs. Cary W. Jackson. With no other remodeling, it has given a new dimension to this stone house in Maryland—a bright entryway, space for meals, entertaining, and all of the plants the Jacksons love. Her flowers bloom year round, changing with the outdoor seasons. In spring, the greenhouse is filled with geraniums, 35 varieties, all started from cuttings. In May, they are given to a local plant sale, "with one cutting reserved from each plant to start new geraniums for fall and winter." Summertime brings pots of annuals—snapdragons, daisies, petunias. For fall, chrysanthemums are grown from seed. Christmas is camellia time, followed by the brilliant blue of cinerarias to brighten winter days. As in the Ickovics' greenhouse, *left*, chameleons are year-round residents, keeping the indoor garden pest- and pesticide-free. Mrs. Jackson has them sent to her from Florida, or "if I go there, I catch them myself." Some of her favorite geraniums are Mme. Layal, Country Girl, Holiday, and a favorite source is Carobil Farm, Church Rd., R.D. 1, Brunswick, Me. 04011. For some tips on growing geraniums from cuttings and how to keep them blooming all winter, see Living, page 12.

1. Janco greenhouse rising from the retaining wall surrounding the former terrace and front porch.
2. Flower-filled garden room that brings new light to dark stone house.
3. Geraniums—all sizes, shapes, colors.
4. From the porch, greenhouse and Maryland countryside beyond.

BEADLE

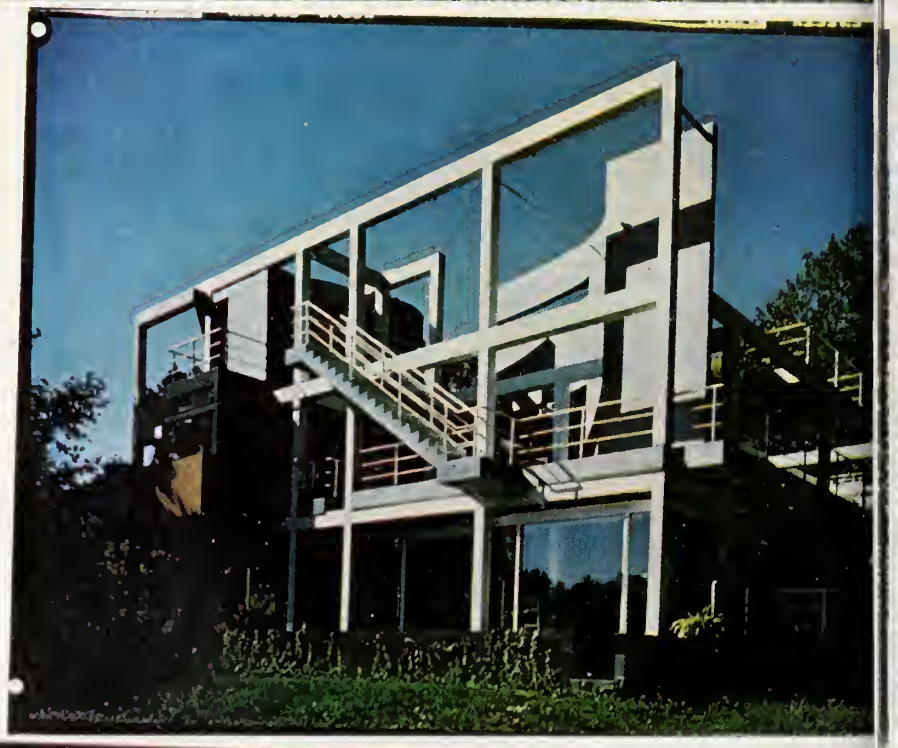
Color from the outside in

Architecture that's art in a sensational house expressing nature—in modern terms

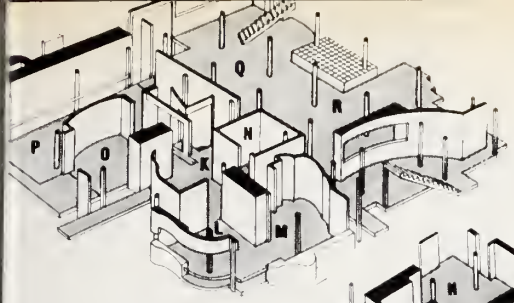
This is a house totally wrapped up in nature. Its walls of blue, green, and terra cotta reflect the colors of the sky, foliage, and earth. Its rooms are purposefully organized to greet the sun as it arcs through the sky. Brilliantly, architect Michael Graves has interpreted the irregular, curving forms of clouds and trees in the complex exterior framework, to create a house that is both romantic and modern.
TOSHIHARU KITAJIMA

Color from the outside in

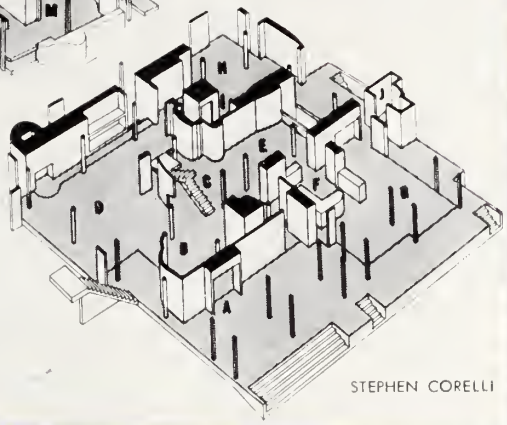
Baleonies, doors, stairways, terraces on three levels makes this house appear like a eluster of houses. And the illusion is entirely intentional, all part of arehiteet Miehael Graves' effort to bring intimate seale to a house that had to be large. There are four ehildren in the family. The owners like to entertain up to 100 guests. (Summer parties are held on the second-floor roof terraee.) The strueture is humanized with layer upon layer of deseription, like a Proust novel. You have windows and glass doors giving on to baleonies, from where you look through more "windows," ereated by the eomplex network of eolumns, beams, and walls that veil the house proper. Like Proust, the deseription has a lot to say, beyond merely being deeorative. Arehiteet Graves is manipulating the man-made eonerete form to establish a rapport with nature (some of the floating walls serve pragmatieally as sun sereens). Sun yellow, stone gray, earthy terra eotta, sky blue, and many shades of growing green travel indoors. Dark mauve is there, too, alluding to vines and the wine served at table. The ground floor, designed as a eomplete house in itself with living spaees, kitehen, and master-bedroom suite, is organized to eapture the sun as it travels through the sky. The breakfast room faees east, living room south, bedroom west. A great 20-foot skylight over the eentral open stairway, and vast expanses of glass in every direetion ereate a feeling of being outdoors. "People ask how we ean live without anything at the windows, but we don't feel in need of proteetion. We like being aware of the seasons," say the owners. The palette of eolors ereates the deeoration. Furniture is spare and minimal, whieh adds to the lofty sense of spaeiousness. An oeeasional antique gives a feeling of art and history. Paintings may be propped up against a wall. "There is no need to deeorate. The house is an entertainment itself."



This page top: South side of house shows private stairway from second-floor guest house.
Center: Front of house sits on a slate platform. Main entrance is far left under pillars. A stairway up to the third-floor roof terrace makes a diagonal slice across the grid framework.
Below: Back of house, glimpse of second-floor terrace. "Turret" is living-room chimney.
Opposite page, top left: Plans of house.
Top right: Floating walls surrounding the house provide practical shade from the sun.
Center: Open to nature, the living area is part of one big flowing space on the first floor.
Bottom left: Balcony next to guest suite.
Bottom right: Central stairway.



SECOND FLOOR
K. Stair hall
L. Bedroom
M. Bedroom
N. Bath
O. Bedroom
P. Study
Q. Roof terrace
R. Skylight



GROUND LEVEL
A. Entrance
B. Foyer
C. Stair hall
D. Living
E. Dining
F. Kitchen
G. Family
H. Master bedroom
I. Bath
J. Bath

STEPHEN CORELLI

Windows wide open to nature let every season's colors come into the house

TOSHIHARU KITAJIMA

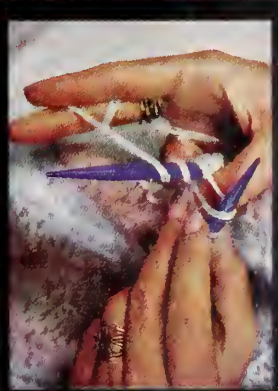
FOR THE UNDERCOVER CRAFTSMAN

Quick-knit throw

With two yarns, three stitches, one big needle, you can make a versatile afghan from a kit

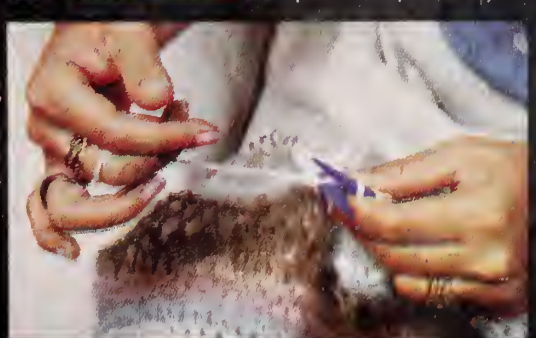
Cozy, light, and very luxurious, this fluff of mohair and silk is knit in the softest shades of Velvet Brown, Dove, and Shell. It's made on a giant number 11 circular needle and based on the basic garter stitch plus an openwork pattern formed by two easy-to-learn stitches, and it's a cinch to knit, even for a beginner. Once you've made one afghan, you'll probably want more to throw over every sofa, bed, and chaise—to keep handy any place that catches a breeze or where you might want to catch a nap. They can go out with you, too: Doubled over, the afghan becomes a shawl. It weighs only a pound and folds to almost nothing —the perfect traveling companion. Rusty and Charles Quaintance of Alice Maynard designed this 56-by-64-inch afghan which takes: 1 size #11 36-inch circular needle. Yarn: 4 37-gram skeins of Reynolds #1 mink mohair, 2 37-gram skeins of Reynolds #1 gray mohair, 3 40-gram skeins of Galler beige mohair, 2 40-gram skeins of Galler white mohair, and 1 skein of natural silk. It's all together in a kit which you can order by sending $65 plus $1.50 to cover postage to: Alice Maynard, 133 East 65th Street, New York, N.Y. 10021. (N.Y. residents add sales tax.) Alice Maynard will substitute colors in the kit at your request.

Opposite page, top: The stitch that forms row one of the openwork pattern.
Opposite page, bottom: Almost finished, Rusty Quaintance knits under cover.
Left, top: Flung over a chair, the throw adds a dash of color and inviting texture.
For complete instructions, see page 182.



Here's how to knit the stitch for row one of the openwork pattern: Far left: Insert the right needle as you would for a plain knit stitch. (The second loop formed by wrapping the yarn around twice is dropped in row two of the openwork pattern.)

Right: Complete the stitch, passing it from the left to right needle, as you would a plain knit stitch. A circular needle can be comfortably held in one hand when you complete a stitch and want to tighten the yarn.



SUSAN WOOD

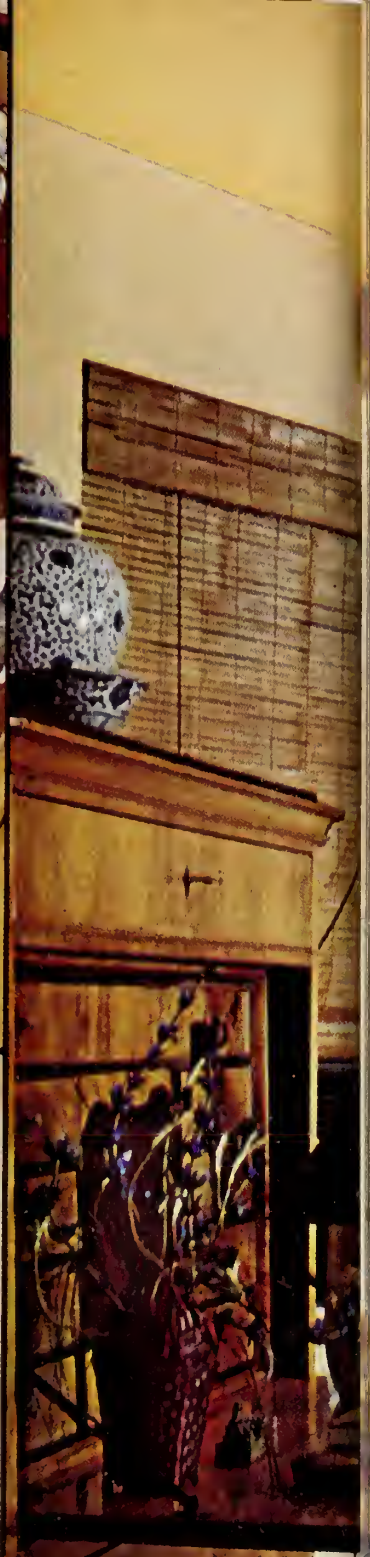
Love and the Orient

How a passion for Japanese design and crafts can transform a city apartment

You don't have to live in Japan to have a Japanese farmhouse. Here's one that used to be an elaborate city apartment. But for Diane Love, whose passion for everything Japanese affects how she lives as well as where she lives, transforming it was a matter of painting beams, coloring out the floor with sisal, and bringing in favorite posessions (others like them are available in her New York shop). "Decorating a room is like painting a still life," says Ms. Love. "Every single thing in it has its own special place where it looks best." Yet in spite of the precise plannings the apartment looks surprisingly casual. "That's part of the Japanese tradition—everything seems informal, but underneath the informality are very striet rules."

Right and below: A pair of 17th-century Japanese screens.

Left: Kimono-clad Diane Love.



Love and the Orient

"In Japan, one room may be a living room, a dining room, and a bedroom," says Ms. Love, who adopted the idea for herself. She had the entrance from the dining room to the kitchen closed off—"Formal dining rooms can only be formal dining rooms"—and let the small room become an extension to the living room. When she entertains, she sets up a buffet on the harvest table and guests spread out on the floor (Japanese style!) on great big cushions covered in quilts and Japanese futons (wax resists that were used to cover bedrolls). She sleeps on a sofa that's really a bed, and pull-down slat blinds, like the ones that conceal poor window views, give her all the privacy she needs. "The whole room is very serene—Japanese things never intrude on an environment." The calm also comes from the subtle interplay of textures, patterns, and styles, so similar in their Oriental flavor you hardly notice that the chest is English or the writing table, Biedermeier.

Far right and opposite page insert: Porcelain on Lucite brackets that don't interfere with the art. **Below:** Opposite the harvest table, Japanese screens zigzag along one wall to create an extra room dimension. In the hibachi, flowers. **Right top:** Sushi and sashimi on an Imari platter. **Right center and bottom:** Over the bed, Japanese baskets. English chest holds bedclothes. **Top:** Faux bois columns and beams. BEADLE

A respect for space inspires collecting without clutter

Uncle Ben's®

The goodness of nature sealed inside.

The goodness nature gives long grain rice is on the outside and most rice you buy has that goodness stripped away. But Uncle Ben's found a way no one else found to seal that goodness inside every grain. Beautiful, separate and naturally delicious, every time. And there's only one Uncle Ben's® Converted® Brand Rice.

© Uncle Ben's, Inc., 1978

Broiled Shrimp & Lemon Rice

Prepare UNCLE BEN'S® CONVERTED® Brand Rice according to package directions. At end of cooking time, stir in one tbs. finely shredded fresh lemon peel. Meanwhile, broil shrimp, brushing frequently with garlic butter; serve with lemon rice.

MEAL IN MINUTES

OUTDOOR LUNCH

Grilled mushroom-parsley flank steak
Sliced beefsteak tomatoes with basil
Strawberries with strawberry sauce

Lightly grilled beef folded around mushrooms and crumbled bacon, ripe tomatoes accented with basil, and whole strawberries topped with a velvety fruit purée—a late-summer dinner just right for outdoor cooking—and dining. This menu for four comes from Janeen Sarlin, an imaginative hostess and cooking-school teacher, and takes 35-40 minutes to prepare.

While the steak marinates, about 15 minutes, prepare the berries for dessert. They'll start chilling in the refrigerator, and you can sauté the vegetables for the meat. As the beef roll cooks—turn it every 5 minutes or so for even browning—slice the tomatoes, arrange them on a platter, and sprinkle with fresh basil and a little oil and vinegar, if you like. A crisp ruffle of parsley to top the steak, and dinner's ready.

Grilled mushroom-parsley flank steak

INGREDIENTS

1 2-3 pound flank steak
¾ cup oil
¾ cup red wine
6 slices bacon
3 tablespoons butter
4 shallots, chopped
¾ pound fresh mushrooms, sliced
3 tablespoons parsley, chopped
Salt, black pepper
¼ teaspoon marjoram

METHOD

☐ Trim fat from steak, then flatten and score on both sides. Mix oil and wine in a large baking pan and let steak marinate for 15 minutes.

☐ While steak marinates, fry the bacon in a skillet until crisp and drain on paper toweling. Crumble the bacon when cool. Melt butter in a skillet, sauté shallots lightly, add mushrooms, and cook until they are light brown. Remove pan from heat, and drain off any butter. Stir in the crumbled bacon, parsley, salt and pepper to taste.

Continued on page 172

Opposite page: A dessert plate of cool summer tastes: two sorbets, raspberry-strawberry and mango, and light avocado ice cream, frozen in 15 minutes in a new ice-cream maker. Chuck Williams garnishes them with slices of cantaloupe, kiwi fruit, avocado, and whole berries in a mango basket. More on page 158.

WINE &
FOOD
Those Magnificent Men and their Cooking Machines
for fruit sorbets and other delicious things to eat
BILL MACMASTERS

There may still be places on earth
where Grand Marnier isn't offered after dinner

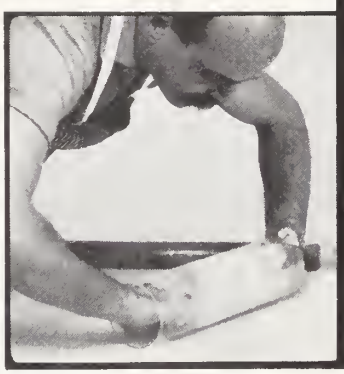
For free recipe booklet, write Carillon Importer, Ltd., 745 Fifth Avenue, New York, New York 10022. Product of France. Made with fine cognac brandy. 40 proof

This month in Wine & Food: Men and machines triumph in the kitchen—bread in a see-through tube, a speedy ice-cream freezer, electric pasta machine, and a new ceramic baker; plus how beer gets its froth and how to use it in cooking

SUSAN WOOD

Bread in the round

our delicious recipes specially created by Richard Nimmo to am up with glass tubes that let you watch the loaf bake



ichard Nimmo, an associate of James ard, specializes in bread and pastry. ith the help of Corning's new Bake-a-ound (it's made of heat-resistant rex), he turns out a cylinder of bread ith a sleek modern look—slice the loaf to thin party rounds or lengthwise for giant "hero" sandwich.

If you've never tried bread-baking be-re, or it's been a while since your last atch, here are a few tips for a success-l loaf:

Most recipes direct: "Allow the yeast proof." You can tell when the mixture yeast, water, and sugar (or honey) is ady to use because it will be foamy and ill have risen several inches in the cup. his usually takes about 10 minutes.

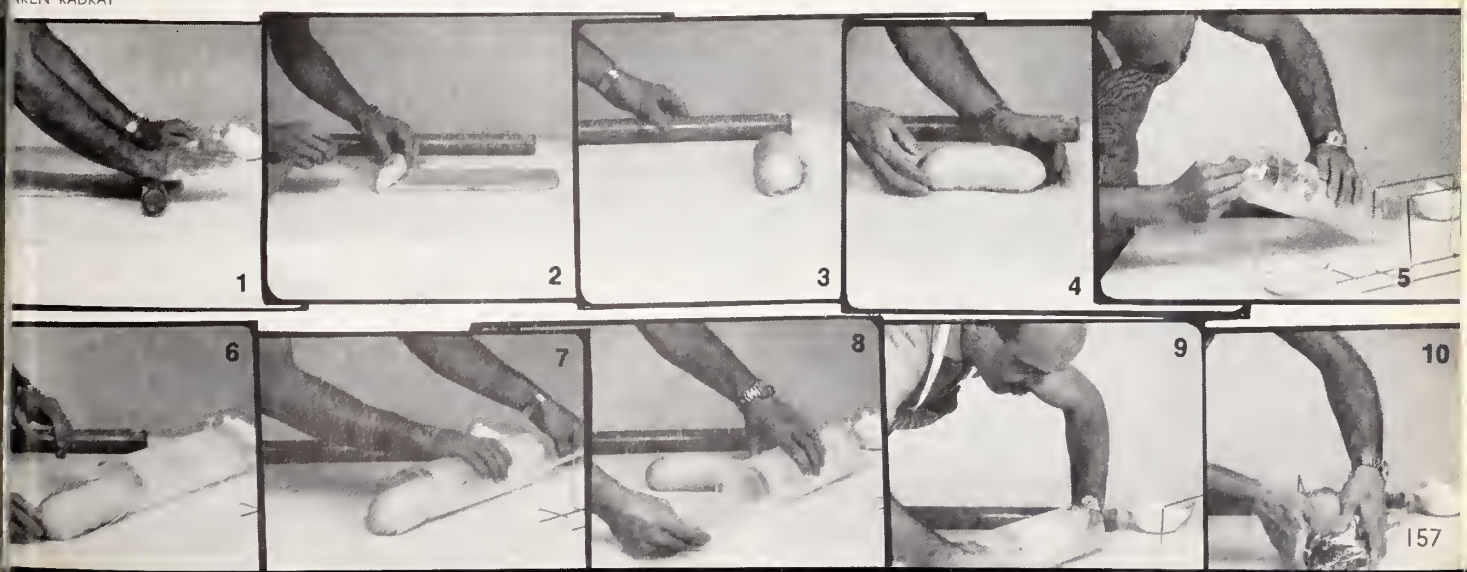
To test if the dough has risen suffi-ently, "proof" it by making an indenta-on of about ½ inch on the top of the ough with your fingertip—if the mark emains and the dough doesn't bounce ack, it has risen enough.

Home economist Rose Levy, who often uses the Bake-a-Round, offers these tips for a perfectly browned, symmetrical loaf in the tube: After the bread is placed in the tube, the bottom portion elongates faster than the top—to make rounded ends, level them by pushing against them gently before placing the bread in the oven. Rotate the tube 180 degrees (so top becomes bottom) after the first 3 minutes of baking. Continue baking 3-5 minutes or until ends become level again, then rotate tube back to its original position, with the seam of the bread on the bottom. It will now have assumed its permanent shape.

To prevent uneven baking and browning of the crust, rotate the tube once or twice during the baking period. Recipes, page 176.

ichard Nimmo shows how to shape bread for the tube. **1.** *Roll dough into a rectangle 6 by 10 inches.* **2.** *Starting with narrow nd, roll up dough like a jelly roll. Seal it every half turn.* **3,4.** *Rolled dough ready to go into tube.* **5.** *Butter the tube very well.* **,7.** *Extend a strip of wax paper in tube, use it to slide bread into tube.* **8.** *Roll tube 180° to remove paper.* **9.** *Press ends of dough oward center, butter ends.* **10.** *Cover tube ends with foil, place in rack, let dough rise, bake. Shopping information, page 180.*

AREN RADKAI



Those magnificent men and their cooking machines

Let three good cooks entice you to adventure in the kitchen as they demonstrate their favorite cooking machines. One, Alec Yuill-Thornton (turn the page), responded to a cooking student's query "Do you know any good food processor recipes?" with "Do you know any good knife recipes?" Machines turn into basic equipment when properly put to use. They work fast, operate easily, and make messy jobs a breeze. And the simpler preparation leaves the imagination free to create and attempt dishes which were previously out of range. "Think of them as extra bodies in the kitchen, servants always ready to help."

INSTANT SORBETS

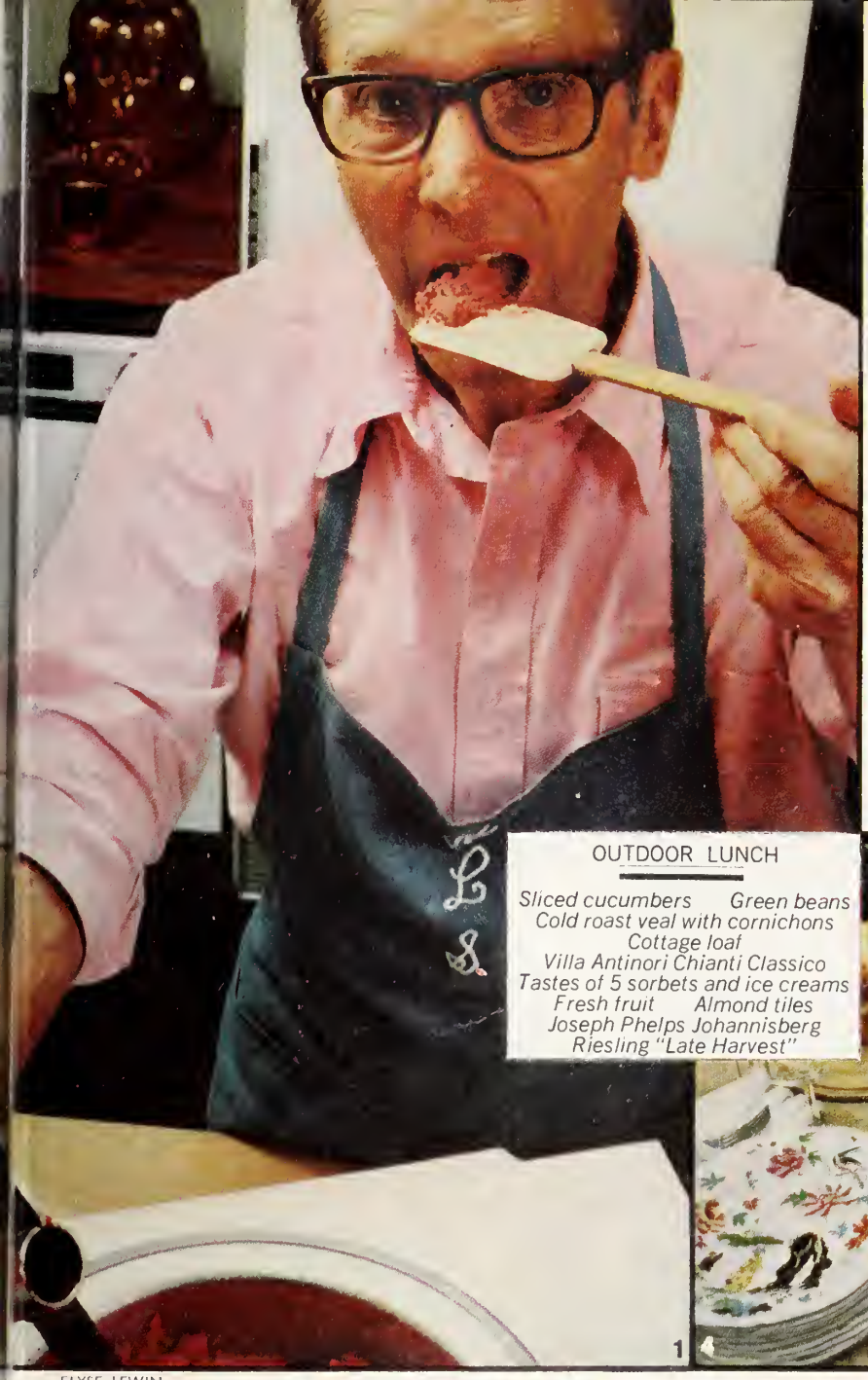
and avocado ice cream from Chuck Williams and a great little ice-cream maker.

The Minigel is my absolute favorite piece of equipment. I am constantly experimenting with it," says Chuck Williams, the inspiration behind Williams-Sonoma, the fabulous San Francisco cookware shop and mail-order business. The results of one such successful experiment—avocado ice cream. "The sugar gives the avocado a whole new taste. I used half and half and the ice cream had a wonderful rich texture." The Italian import has ice flowing in its veins—freon, actually—so it works like a home freezer but faster, turning out 1 quart of ice cream or sorbet in 15 minutes. Sorbets may break down with long storage in the freezer, so make them one or two hours ahead or right on the spot. "My sorbets use less sugar than classic French recipes, and all have lemon juice to prevent discoloration and for the taste." The Minigel washes out with the flip of a damp sponge. It is always right *there*, ready to go. Shopping information, page 180. Recipes, page 166.

1. *Chuck Williams: "It tastes best freshly made!"*
2. *Minigel plus fresh fruit equals . . . delicious!*
3. *Four delights to taste, from left to right: chocolate ice cream, mango sorbet, raspberry-strawberry sorbet, and white peach sorbet.*
4. *A simple lunch precedes the tasting. Cucumbers marinate ½ hour in lemon vinegar and sugar. "Slightly sweet, and so good."*
5. *Sieve berries to make a smooth, seedless purée.*
6. *Mix all ingredients in a large measuring cup.*
7. *Pour 4 cups of fruit mixture into precooled Minigel.*
8. *In 15 minutes, sorbet has a perfect soft-frozen consistency.*
9. *If you can resist straight-from-the-machine consumption, spoon sorbet into containers or bowls.*

OUTDOOR LUNCH

Sliced cucumbers Green beans
Cold roast veal with cornichons
Cottage loaf
Villa Antinori Chianti Classico
Tastes of 5 sorbets and ice creams
Fresh fruit Almond tiles
Joseph Phelps Johannisberg Riesling "Late Harvest"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ELYSE LEWIN

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14-MINUTE FETTUCINE

An easy-to-use electric pasta machine lets Alec Yuill-Thornton make pasta fresh and fast.

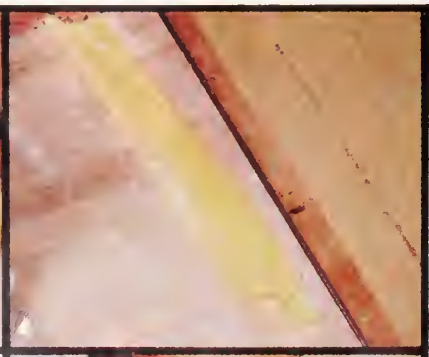
Ready, set, go! Put a great big pot of salted water on to boil. Dump pasta ingredients in a food processor; process. Quick—run dough through pasta machine a total of six times. The machine is electric; both hands remain free to handle the dough. The water will be boiling; look at the clock. "We timed it to 14 minutes," says Alec Yuill-Thornton, an architect, artist, and cook with 35 years' experience. "I don't do card tricks," he teases, "so doing things like making pasta in front of my guests is the evening's entertainment." Mr. Yuill-Thornton cooks when invited out. "Sometimes I go out to dinner with the understanding that I will do the cooking and give a class at the same time. I always carry a couple of knives in the car, because I am almost always asked to do something." He gives a virtuoso performance aided by his *very* sharp knives—"I sharpen them on a stone and then with a razor strop attached to a block." Shopping information, page 180. Recipes, page 166.

1

LUNCH FOR TWO

Bay shrimp in cucumber nests
Fettucine with cream and basil
Robert Mondavi Gamay

Strawberries à l'orange-Alec Madeleines
Schramsberg Crémant



ELYSE LEWIN

6

1. *Alec Yuill-Thornton runs sheets of pasta through the cutting blades for a fairly wide fettucine.*
2. *The finished pasta with its sauce of cream and fresh chopped basil.*
3. *Cut the ball of dough into three pieces to run through the smooth rollers of the pasta machine.*
4. *The long, thin sheets of pasta dry stretched out on a board for a few minutes before going through the cutting blades.*
5. *Cut the long sheets in half to facilitate going through cutting blades.*
6. *Toss the al dente pasta quickly and thoroughly with cream and basil.*

BARBECUE IN POT

Guy-Stefan Romano cooks strawberry lamb in his stoneware Tandoor oven.

The quickest way to know someone is to know his food," says Guy-Stefan Romano, whose own food is an intriguing blend of old and new dishes from around the world. A writer, linguist, potter, chemist, and ceramic engineer, Mr. Romano combined these talents to produce Amnion, his line of stoneware with a "crackle" glaze that lets it breathe but won't absorb fat, and allows both wet and dry cooking. The marinated lamb, an ancient Polish recipe re-created by Mr. Romano, roasts only 45 minutes in the Tandoor oven. Inspired by the classic Indian clay baker, this new cooking pot makes the most of a regular oven—a skewer in the top draws in the heat to cook meat quickly, save energy. Shopping information, page 180. For recipes, turn to page 170.

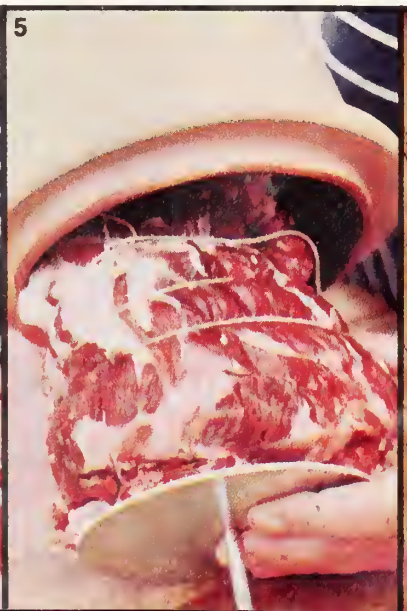
1. *Guy-Stefan Romano with Tandoor oven —for meats, chicken, barbecued spareribs.*
2. *Amnion stoneware on the buffet table is a snap to clean.*

DINNER FOR 8

Baked zucchini with orange juice
Strawberry lamb
Domed homemade bread
Sancerre

Chocolate soufflé
Coffee

1 2



3. *Tie up boned leg of lamb.*
4. *Marinate in fruit liqueur and vinegar several days.*
5. *Fit roast onto Tandoor oven skewer.*
6. *Slice meat thinly and serve at room temperature.*

Beer—guide to a heady subject

By Anthony Dias Blue

Think about it. Crisp, clear, golden, topped with a mantle of creamy white. And the taste—clean, dry, redolent of grain fields and mountain springs, deliciously yeasty, with a refreshing bitter twinge of hops. Beer—always in motion, sparkling—a living thing. Nothing is better for solving a thirst; no drink is more convivial.

An important element of human consumption for thousands of years, beer is based on a simple yet miraculous natural phenomenon: the conversion of barley into barley malt. Pearls of grain are germinated and sprouted, converting the barley into "green malt" which is then dried by roasting. How long the malt is roasted determines the color and sweetness of the final brewed product. The longer the grain is heated, the darker it gets and the more its sugar is caramelized.

Other cereal grains are added and, after a first fermentation, the young beer is combined with hops and then drained into a fermenting vat.

Now the skillful choice of fermenting temperature and yeast will determine whether the end product will be beer or ale. Beer is made at cool temperatures and ale at warmer levels.

The choice of yeast is the key to the distinctive individual flavor of each beer or ale. The brewmaster cherishes his yeast culture as if it were a precious jewel. If kept stringently pure, the same culture can be used for centuries, but the sudden demise of many a brewery has been caused by subtle changes or impurities in the yeast.

After a few days of fermenting, the young beer is put into cool storage vats where it is aged for two or three months (in some particularly fastidious European breweries this can be stretched beyond six months). This maturation period is called "lagering." After it's over, the beer is carbonated and packaged.

Brewing is no breeze; it's rigorous, exacting, and extremely costly. In 1940, there were 578 breweries operating in the United States; today there are but 46. Don't let this fact make you think that beer is losing popularity. Quite the contrary is true. Last year almost 5 billion gallons of malt beverages were produced in the United States and 1978 is certain to exceed that amount. This translates into a robust consumption of over 22 gallons for each man and woman of drinking age. Over 10 billion bottles and 26 billion cans were needed to accommodate last year's production.

In ancient times the brewer and the baker were the same person because the ingredients they use are virtually identical and the processes are quite similar for making bread and beer. Beer was known as "liquid bread," because both are made from grain, water, and yeast.

Brews to pair with almost any food or stir right into a recipe—the history and the news

When early Europeans thought about something to drink, they thought immediately about beer, so the word "beer" is very close to the Latin verb "to drink," *bibere*.

The word "ale" comes from the medieval English word "hael," the semantic ancestor of the modern word "hale," meaning "healthy." This came about because people always heartily toasted each other's health when quaffing a foamy mug of brew. The Christmas wassail was gustily celebrated with flagons of spiced ale. Most celebrations in the Middle Ages were oiled by copious amounts of ale. Our word "bridal" is believed to derive from just such a celebration, the "bride-ale."

Beer had a major impact on the New World. The Pilgrims landed at Plymouth, rather than Virginia as intended, because: "We could not now take time for further search or considerations, our victuals being spent, especially our beer."

Label lexicon

Sometimes it isn't difficult to imagine a bunch of brewers sitting around saying, "How can we confuse consumers with the terminology on our labels?" So, to set the record straight, here's what all those mysterious terms mean.

The clear, light-bodied brew, which has become the most popular style of beer in the world, is called **Lager Beer.** The name comes from the step in the brewing process when the young beer is "lagered" (stored) for aging.

The quite desirable old-world method of carbonating beer just before packaging by adding a small amount of beer that is still in the early stages of fermentation is called **Krausening.** The young beer causes a secondary fermentation that carbonates the whole product. Budweiser and several other American beers carbonate by krausening.

About 15 percent of the beer manufactured in the United States is sold as **Draught Beer.** This product, put in aluminum kegs, is usually consume within a week or two of packaging, so is *not* pasteurized. This gives it a livel taste. The beer that goes into bottles an cans is **Pasteurized,** since beer package this way may have to travel long di tances and sit on store shelves, unrefri erated, for several weeks. Pasteurizatio sterilizes the product, killing any stra yeast which could, over time, alter th flavor of the beer. Nevertheless, even a beer is pasteurized it has a definite lif span. In cans it stays fresh for two t three months, while in bottles it stays the peak of flavor for three to fiv months.

As could be expected in our die conscious society, **Light Beer** is the fas est growing segment of the malt beverag market. Light beer is made by reducin the amount of grains used in brewin and by the addition of extra enzym which eliminate more starch. The en result is a beer that has reduced calorie reduced alcohol, and lighter, less com plex taste.

When the term **Pilsner Beer** appea on bottles and cans, it refers to a partic lar *style* of beer rather than to a separat type. Denoting any lager beer of ver high quality, pilsner takes its name fro the great beer made in Pilsen, Czech slovakia—Pilsner Urquell. One of th best known beers in the United States t call itself pilsner is Coors.

Bock Beer is a traditional Germa beer made every year in the late winte originally from solids removed from th fermenting vats during their annu cleaning. The beer is dark, syrupy, an considerably sweeter than ordinary bee The arrival of bock beer in *bierstubes* a over Germany heralds the onset of sprin and elicits some boisterous and rowd celebrating. Bock's growing popularit with American beer lovers has induce several breweries to produce bock bee with great success, Schaefer amon them. American bocks have the sam characteristics as the traditional product but are made with newly roasted malt to create the distinctive flavor. There ar also a number of **Dark Beers** made in th United States that derive their colo from malt that has spent extra time i the roasting kiln. Dark beer can b brewed dry or slightly sweet, but is gen erally less sweet and syrupy than bock.

Malt Liquor is a product that can var considerably in style from brand t brand (some is even flavored with frui syrup). It is a beer whose essential dif ference from ordinary brews is that i

Continued on page 16

Ask your husband what he prefers here...

Most men prefer Stove Top® stuffing instead of mashed potatoes.

In a recent consumer test, over 52% of the husbands polled preferred Stove Top® Stuffing Mix to mashed potatoes with their chicken dinners.

No wonder. Toasty bread crumbs, real chicken flavor and the delicious balance of celery, onion, parsley and herbs make Stove Top irresistible.

We bet your husband will also agree.

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GF
GENERAL FOODS

packs a high alcoholic wallop. (Regular beer can range anywhere from 3.2 percent alcohol to 4.9, ale averages around 4.5, while malt liquor rings in at from 4 to as much as 6.3 percent alcohol.)

Higher in alcohol than beer and considerably more bitter is **Ale,** which is also made from a malt brew. In addition to being fermented at a warmer temperature than beer, it is "top fermented," which means that the yeast does its work while floating on top of the liquid. Ale fermentation takes less time than that of beer—five days as opposed to ten.

Another kind of ale is **Stout,** which is dark and syrupy and has a pronounced "hoppy" bitterness as well as an underlying sweetness. Dark, deeply roasted malt is used and the ale has a thick, almost creamy head. The stout market is dominated by Guinness, which is made in Ireland.

Set 'em up, Joe

Many people have a tendency to overchill beer and ale, which causes them to go flat and lose flavor. The optimum serving temperature for beer is 45° and for ale it's 50°. This means you can chill beer down to 40° and ale to 45°. Imported beers are best when served at 48° to 50°, and English ale or Irish stout should be served at 55°. Unpasteurized beer or ale must be kept under constant refrigeration.

One effective way to keep malt beverage temperatures from rising too fast after serving is to keep glasses and mugs in the refrigerator or freezer.

Many purists think the best way to enjoy beer is to pour it straight into the bottom of the glass, in order to get the best foamy head; others prefer the no-head, dribble-it-down-the-side method. Whichever way you like, beer and ale go well with practically all types of food except desserts. When wine would be overpowered by highly flavored cuisines, beer is the answer. The spicy foods of Thailand, Indonesia, India, Mexico, Japan, and China (especially the fiery foods of Szechuan and Hunan provinces) are particularly well complemented by cool malt beverages.

Calorie count

A 12-ounce can or bottle of beer contains about 150 calories. A similar-sized container of "light" beer will have a little less than 100 calories. Ale, stout, bock beer, and malt liquor have a higher calorie content.

Malt beverages are not exactly diet drinks, but they are not terribly high in calories, either. Like anything else, beer should present no dietary problems when used in moderation. And, with the advent of the new, lower carbohydrate "light" beers, more and more people are finding that the fine products of the brewers' art are probably the world's greatest thirst quenchers.

Beer marinade for beef or pork

INGREDIENTS

1½ cups beer
4 tablespoons soy sauce
1 tablespoon Dijon-style mustard
1 teaspoon ground ginger
2 tablespoons sugar
3 cloves garlic, minced
½ teaspoon salt
1 tablespoon lemon juice
4 dashes Tabasco sauce

METHOD

☐ Combine all ingredients well in a bowl large enough to hold the meat. Place the meat in the bowl, spooning the liquid over it to coat well. Cover with plastic wrap and refrigerate 3-12 hours, turning the meat occasionally. Roast the meat on a grill or in a hot oven, basting frequently with the marinade, to desired degree of doneness.

Stout-stewed squash

INGREDIENTS

1 cup stout
4 cloves
¼ teaspoon ground cinnamon
¼ teaspoon mace
¼ teaspoon salt
Freshly ground pepper
1 pound winter squash, peeled and cut into 1-inch dice

METHOD

☐ Place the stout, the spices, and seasonings into a medium-sized saucepan. Bring to the boil. Add the squash and simmer, covered, for 20-25 minutes or until tender. Turn heat to its lowest point, uncover the saucepan, and simmer for 10 minutes until the sauce has thickened into a glaze. This makes a delightful accompaniment to pork or game. Serves about 3.

Beer bread

INGREDIENTS

1 cup beer
1 package dry yeast
½ cup dark brown sugar
1 cup whole-wheat flour, sifted
2 cups all-purpose flour, sifted
½ cup wheat germ
1 teaspoon salt
4 tablespoons butter, softened

METHOD

☐ Heat beer in a saucepan until warm (90°-110°). Sprinkle yeast over the warm beer and add ½ teaspoon of the sugar. Set aside and allow to proof. Meanwhile, com-

Continued on page 176

Pick of the crop.

A basket of fruit, a fine natural cheddar – this is our pick for a really fresh dessert. The fruit you pick could be grapes or apples or pears. The cheddar, of course, is Cracker Barrel from Kraft. America spells cheese KRAFT.

Cracker Barrel. Our pride. Your joy.

KRAFT

continued from page 158

Raspberry/Strawberry sorbet

INGREDIENTS

1¼ cups water
1 cup sugar (if using frozen raspberries reduce sugar to ¾ cup)
2 baskets raspberries (or 1 cup when puréed)
1 basket strawberries, quartered (or 1 cup when puréed)
Juice of half a lemon
1 tablespoon kirsch

METHOD

☐ Heat water and sugar in a heavy saucepan. Bring to a boil and cook 5 minutes. Remove from heat and let cool to room temperature. Purée raspberries and strawberries by pushing through a sieve to remove seeds.

☐ Add 2 cups fruit purée, lemon juice, and kirsch to syrup, stir, pour mixture into a 4-cup measure and chill until ready to freeze.

☐ Switch Minigel on and let precool for about 10 minutes (no longer than 15 minutes). Insert the agitator and pour in not more than 4 cups of mixture to be frozen. Freezing will take approximately 15 minutes. Switch machine off when smooth frozen consistency is reached. Remove agitator. Take sorbet or ice cream out with a wooden spatula. Do not let machine run beyond smooth frozen consistency. The motor does have an overload cutoff, should the machine be left on, which stops the agitator when overheated. This should be avoided by proper operation of the machine. Makes 1 quart sorbet.

☐ The same mixture can be frozen in any ice-cream maker according to manufacturer's instructions. If you do not have an ice-cream maker, freeze mixture in flat foil pans. When half frozen, remove and break into chunks. Blend in a food processor or with electric mixer until smooth. Repeat once or twice more for a good texture. Remove sorbet from freezer 10 minutes before serving to allow to soften.

Mango sorbet

INGREDIENTS

1¼ cups water
1 cup sugar (if using canned mango, reduce sugar to ¾ cup)
2 cups mango, puréed (use very ripe, fresh mangos or a large can)
Juice of half a lemon
1 tablespoon kirsch or other essence (optional)

METHOD

☐ Heat water and sugar to a boil in a heavy saucepan. Cook 5 minutes, remove from heat, and let cool to room temperature. Add other ingredients, stir, and freeze according to instructions in first recipe. Makes 1 quart.

Italian chocolate ice cream

INGREDIENTS

5 ounces Bakers unsweetened chocolate, grated
2¼ cups milk
3 egg yolks
¾ cup sugar
⅓ cup rum

METHOD

☐ Dissolve chocolate slowly in ¼ cup water in a glass placed in a saucepan of simmering water. Warm milk in a saucepan, add melted chocolate, and mix well.

☐ Put yolks and sugar in a bowl and beat until light and thick. While continuing to beat, add the warm milk mixture. Pour mixture into a saucepan, add rum, and cook over moderate heat, stirring constantly, until thickened; do not let it boil. Cover with plastic wrap and cool in the refrigerator. Freeze according to instructions. Makes about 1 quart.

Avocado ice cream

INGREDIENTS

¾ cup sugar
2 cups half and half (you may substitute all milk)
2 large avocados, puréed through a sieve
Juice of a small lemon

METHOD

☐ Combine sugar and half and half, stirring until sugar is dissolved. Add lemon juice to avocado purée and combine with ⅓ of milk mixture. Mix until smooth. Add remaining milk and stir until a smooth consistency. Freeze according to instructions. Makes about 1 quart ice cream.

White peach sorbet

INGREDIENTS

1¼ cups water
1 cup sugar
Juice of half a lemon
4 white peaches (approximately 2 cups)
1 tablespoon kirsch

METHOD

☐ Heat water and sugar to a boil in a heavy saucepan. Cook 5 minutes, remove from heat, and let cool to room temperature.

☐ Have ready ¼ cup of the syrup and the lemon juice in a bowl. Peel and quarter peaches and immediately put into the bowl and coat with the syrup mixture. Purée in food processor or blender. Combine with the rest of the syrup, add kirsch, and freeze at once to retain the pale color of the peaches. Makes 1 quart.

Banana ice cream

INGREDIENTS

4 ripe bananas
Juice of half a lemon
1 cup sugar
1¼ cups milk
2-3 tablespoons kirsch or rum

METHOD

☐ Mash and whisk bananas with lemon juice, add sugar to the mixture, and beat until it is a creamy consistency. Dilute with the milk and stir in kirsch, mixing well. Freeze. Makes 1 quart. ■

continued from page 160

Bay shrimp in cucumber nests with fenugreek dressing

INGREDIENTS FOR SALAD

1 large cucumber, selected for firmness and straightness
½ basket cherry tomatoes
½ bunch watercress, trimmed of stems
¼ cup bay shrimp, cooked and peeled, or use frozen or canned tiny shrimp

INGREDIENTS FOR DRESSING

1 egg
Juice of ½ large lemon
3 tablespoons olive oil
White pepper, freshly ground
Maldon sea salt
½ teaspoon powdered Wagner's fenugreek

METHOD FOR SALAD

☐ Peel cucumber and cut off tapered ends. Cut cucumber horizontally into 3 even sections about 2-3 inches long. Holding a cucumber cylinder in your left hand and a sharp paring knife in your right, lay blade against length of cylinder and begin rotating it in your left hand, moving paring knife gently up and down in the same plane following rotation of the curve, to cut off a long continuous piece. Keep cutting until seeds show. Discard core with seeds.

☐ Cut the long pieces into sections about 3-4 inches long and stack about 3-4 deep. Cut, crosswise, into fine julienne. Put strips in a bowl of iced water overnight in the refrigerator—they will become somewhat crisp and quite translucent.

☐ Skin cherry tomatoes by dipping in boiling water, refreshing in cold, and slipping them out of skins. Then quarter the tomatoes.

METHOD FOR DRESSING

☐ Beat together well egg and lemon juice in a bowl and then add olive oil beating until the mixture is the consistency of a thin mayonnaise. It will be yellow because of the egg yolk-to-oil ratio. Season with pepper, salt, and the fenugreek.

METHOD FOR ASSEMBLY

☐ Loosely form a cucumber julienne nest in the center of the salad plate, well within the edge. Then tuck the watercress underneath.

☐ Mound 1½ tablespoons shrimp in the center of the plate and surround closely with tomato quarters. Dress shrimp with fenugreek dressing—it will seep through—do not overdress. Serves 2.

Continued on page 170

THE MAGNIFICENT MARGARITA: IT BRINGS YOU IMAGES OF CACTUS FLOWERS, AZTEC RUINS... AND THE THRUST OF THE MATADOR.

TRY IT...ALL THE TEQUILA'S IN IT. THE HEUBLEIN MARGARITA.

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▲ Broccoli with Cheese Sauce

▲ French Green Beans with Toasted Almonds

▲ Green Peas with Cream Sauce

▲ Cauliflower with Cheese Sauce

▲ Creamed Spinach ▼ Small Onions with Cream Sauce

▲ Green Peas and Pearl Onions ▼ Carrots with Brown Sugar Glaze

Birds Eye® Combinations will do almost anything to get your husband's attention.

Does your husband think your vegetables are all as alike as peas in a pod? Even when you're not serving peas? Then you should be serving him Birds Eye® Combinations.

Birds Eye® Combinations are mixed vegetables, glazed vegetables, vegetables in a cream sauce, vegetables with almonds, interesting, colorful, exciting vegetables.

They're even vegetables in a tangy, brand-new cheese sauce: Broccoli with cheese sauce and Cauliflower with cheese sauce.

In short, they are vegetables that your husband absolutely cannot ignore. That's because Birds Eye® Combinations will catch his passing fancy...the kind that makes him keep on asking you to pass the vegetables over to him.

BIRDS EYE®

Birds Eye® Combinations.

The first vegetables your husband might even notice.

Above photographs are approx. 2 times actual size.

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14-minute fettucine
continued from page 166

Fettucine with cream and basil

INGREDIENTS FOR PASTA

1 cup semolina (a hard wheat) flour
1 egg
1 tablespoon olive oil
½ teaspoon salt
Water as needed

INGREDIENTS FOR SAUCE

½ pint heavy cream
¼ cup butter
4 tablespoons Grana Parmesan cheese, freshly grated
Nutmeg, freshly grated
White pepper, freshly grated
Salt
¼-⅓ cup fresh basil, chopped

METHOD FOR PASTA

☐ Blend all ingredients in the food processor until dough forms a ball. Cut dough into 3 pieces and run each through the pasta machine 3 times at the widest setting, #6, of the rolling unit. Work on a lightly floured surface and flour pasta lightly if it gets sticky. This is the kneading part; the narrower settings are equivalent to rolling out with a rolling pin. Cut strips in two crosswise, run through at #4 setting. Cut crosswise in two again, run through at the #2 setting.

☐ Lay pasta sheets out flat on floured surface. Insert fettucine cutting head, ¼-inch wide, into machine, run sheets through, and pile cut pasta from each sheet loosely on a floured surface—do not place subsequent batches on top of each other. Sprinkle each pile lightly with flour. Cover with a dishtowel until ready to cook, not more than 15 minutes. Or, you can leave the pasta out uncovered to dry for a day or two until brittle. Wrap airtight and store in a cool place up to a month.

☐ To make the pasta by hand: Make a ring of flour on a wooden surface, place egg and oil in the center, and begin to knead the ingredients together. If the mixture seems dry, add a tablespoon or so of water. After 5 minutes of kneading, oil the palms of your hands to help elasticize the pasta and continue to knead for at least 15 minutes.

☐ Form the dough into a ball and begin to roll out. (Cut the ball in half if you are using an American rolling pin, which is shorter than the Italian.) Roll the pasta out until it is as thin as paper—sprinkle now and then with flour to help it spread. Place the sheets of pasta flat on a linen tablecloth or sheet and allow to dry for about 15 minutes. (If too dry, it will crumble when cut.)

☐ To roll up each pasta sheet, fold over the narrower end 2 inches and continue rolling. Slice the roll crosswise into ¼-inch strips. After about every 8 strips, stop, pick up the previous strips, shake them a little, and let fall in mounds or rosettes. Cook immediately or cover with a clean dishtowel until ready for boiling.

METHOD FOR SAUCE

☐ Blend together the cream, butter, and cheese in a saucepan and bring to a boil—cook down until the mixture is reduced by half. Add 1 grating of fresh nutmeg and fresh white pepper. Cheese should be sufficiently salty, but add more to taste if necessary. Pour sauce into chafing dish to keep warm.

METHOD FOR FINAL ASSEMBLY

☐ Bring 6 quarts water to a rolling boil with a large handful salt. Cook the fettucine just until it is al dente, about 1 minute when freshly made (as soon as the pasta comes to the top of the pot) or up to 7-10 minutes for fully dried homemade pasta. Immediately drain pasta in a colander. When drained, pile fettucine on the sauce, toss lightly but thoroughly to coat all strands of pasta. Sprinkle with fresh basil (never use dry), serve with cheese on the side. Serve *immediately*. Serves 2.

Strawberries à l'orange-Alec

INGREDIENTS

2 oranges, seedless
¼ cup white wine
1 tablespoon Calvados
1 tablespoon Grand Marnier
⅓ cup water
½ teaspoon granulated sugar
12 strawberries
Confectioners sugar

METHOD

☐ Use a vegetable peeler to remove the zest of the oranges, being careful to peel off only the thin, colored zest. Layer the strips and cut into finest julienne.

☐ Remove all the remaining pith from the oranges with a small, sharp paring knife—cut deeply to the flesh and trim off any white inner skin that is left. Slice the oranges into rounds ⅛-inch thick and cut the slices in half.

☐ Place the julienned zests, the wine, Calvados, Grand Marnier, water, and granulated sugar together in a small saucepan. Bring to a boil and reduce by simmering gently to about ¼ cup liquid. Let cool. Separate the zests and sauce with a strainer.

☐ Hull strawberries and place 1 in the center of each plate. Surround it with five more and lay slices of orange around them in a "wall" with the cut edges in. Garnish with the julienned zest and spoon on the sauce. Sprinkle with confectioners sugar and serve the strawberries with Madeleines. Serves 2. ■

Barbecue in pot
continued from page 161

Baked zucchini with orange juice

INGREDIENTS

1½ pounds zucchini or summer squash (pattypan or cymlings)
¼ cup fresh parsley, chopped
¼ teaspoon chervil
4 tablespoons olive oil (or 2 oil and 2 butter)
Pinch nutmeg
Salt, pepper to taste
6 tablespoons frozen orange juice concentrate, defrosted
Several long pimiento strips
Thin orange slices, cut in half

METHOD

☐ Scrub zucchini under running water but do not peel. Cut off stem and flower ends and cut in half lengthwise. Cut each half in half again lengthwise to get long "fingers."

☐ There are 3 methods to cook the zucchini:

☐ Put zucchini, parsley, chervil, oil, nutmeg, and salt and pepper to taste in an Amnion poêlon or recto baker. Toss well and cover with a double layer of foil. Bake in a 400° oven about 40 minutes (cook in the oven with the lamb to take full advantage of your oven heat). Remove and toss with orange juice. Return to oven uncovered and bake another 10-15 minutes until tender but not mushy. Arrange a few fingers into a bundle and garnish with a pimiento strip to look like a tie. Garnish top with half slices of orange. Serves 6-8.

☐ You can also cook the zucchini on top of the stove in a heavy skillet. Toss with the herbs and butter a few minutes, add orange juice, and cover. Cook about 10 minutes until tender.

☐ The zucchini can also be cooked in the microwave oven. Soak an Amnion baking tile in water. Toss zucchini in a bowl with all the ingredients and form into bundles complete with pimiento ties. Arrange on soaked tile and cover with Saran Wrap. Cook on high power 7-9 minutes. Bring tile directly to the table.

Strawberry lamb

INGREDIENTS FOR LAMB

1 leg of lamb, boned, about 7 pounds
1 cup de Kuyper's strawberry liqueur (not the fruit alcohol, but the sweet cordial)
¼ cup distilled white vinegar

INGREDIENTS FOR SAUCE

2 tablespoons butter
1 cup heavy cream
Salt, white pepper
Lemon juice
1 tablespoon arrowroot, dissolved in 2 tablespoons water
1 cup fresh strawberries, quartered
Iceberg lettuce, shredded
Whole strawberries, unhulled

METHOD

☐ Trim the lamb of the fell (the membrane beneath the skin) and every bit of fat. Mix the liqueur and the vinegar in a bowl and, if you have an injecting type bulb baster, inject some of the marinade into several spots in the meat. Otherwise, prick the meat with a skewer all over so that there will be good penetration of the marinade.

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ALMADÉN

SHERRIES

Barbecue in pot
continued from page 170

☐ Place meat in a Zip-loc bag with the marinade and expel all the air. Let marinate in refrigerator, turning every day, for 4-6 days.

☐ When ready to roast, drain the meat, reserving the marinade, and tie into a compact shape. Fit roast onto skewer of Tandoor oven, close pot, and put in a cold oven. Set heat to 400° and roast 45 minutes or to an internal temperature of 160°. Let stand and cool to room temperature.

☐ You can also put the rolled and tied roast in a regular roasting pan and cook in a preheated 350° oven to an internal temperature of 160°. It will take at least twice as long as in the Tandoor oven. Baste often with marinade.

☐ Meanwhile, make the sauce. Melt the butter in a saucepan with the reserved marinade. Add the cream and salt and pepper to taste. If it tastes sweet, add enough lemon juice to make it correctly tart. When sauce has come to the boil, stir in the arrowroot and remove from fire as soon as it is thickened. Add the strawberries.

☐ Cover a large platter with the lettuce. Place overlapping thin slices of lamb on top of this. Spoon on some of the sauce. Decorate with whole strawberries with the leaves on. Serve extra sauce separately. The whole dish is served at room temperature. Serves 8-10.

Chocolate soufflé

INGREDIENTS

Vegetable oil
⅓ cup flour
½ cup sugar
4 egg yolks
6 ounces cream cheese, softened
2 cups milk
1 teaspoon vanilla or 1 tablespoon orange zest, grated; 1 tablespoon frozen orange juice concentrate, defrosted; 2 tablespoons orange liqueur
4 ounces semisweet chocolate, chopped in coarse bits and melted
6 egg whites

METHOD

☐ Lightly oil the interior of the 2-quart soufflé baker with ½ teaspoon vegetable oil. Spread evenly, but use no more than specified.

☐ Put the flour, sugar, and egg yolks in a saucepan and whisk together. Whisk in the cream cheese, milk, and vanilla (substitute orange flavors for vanilla, or try Amaretto di Saronno, coffee, or kirsch). Place over high heat and continue whisking.

☐ Add the chocolate. Whisk gently until it starts to boil. Remove from heat and let cool about 5 minutes. Lay a piece of plastic wrap directly on the surface, and no "skin" will form.

☐ Meanwhile, beat the egg whites to satiny peaks. Fold them into the chocolate mixture and pour into soufflé dish. If you are not ready to bake, refrigerate it, covered, for up to 2 hours.

☐ To bake, place in lower third of a cold oven and loosely observe the following schedule: at 350° for 1 hour for a thoroughly cooked soufflé or 45 minutes for a "French" style soufflé; at 400° for 35 minutes for a thoroughly cooked soufflé or 25 minutes for "French" style. For microwave ovens, cook at 50 percent power for 20-24 minutes, turning ¼-turn about every 5 minutes. This is for a 650-watt oven. Serves 5-10.

☐ For savory soufflés, eliminate the sugar and flavoring items, use 5 egg yolks, ½ cup flour, and 1 or 1½ cups of whatever you want—cooked vegetables, cheese, ham, etc. The basic chocolate mixture without the egg whites makes an excellent pastry cream for filling cakes, éclairs, or cream puffs. ■

Meal in minutes
continued from page 154

☐ Remove the steak from the marinade and drain well. Season with pepper and marjoram. Distribute stuffing mixture evenly over the steak. Roll up meat from the short side and secure with skewers or string.

☐ Place meat on a hot grill (or on oiled broiler pan about 3-4 inches from heat) and cook about 20 minutes, rotating the roll every 5 minutes. Serves 4.

Strawberries with strawberry sauce

INGREDIENTS

3 pints strawberries
⅓ cup sugar
Fresh mint

METHOD

☐ Wash and hull strawberries and let them drain. Keep the nicest ones whole and use approximately 2 cups for the sauce.

☐ Place whole berries in glass bowl. Purée the rest in a food processor or blender with the sugar. Pour sauce over the whole berries and refrigerate.

☐ Serve in champagne glasses with a sprig of fresh mint as a garnish. Serves 4.

☐ *Note:* You may use a package of frozen raspberries in place of the 2 cups strawberries for the sauce—thaw them in hot water 10 minutes, then purée. (Omit sugar if they are sweetened.) ■

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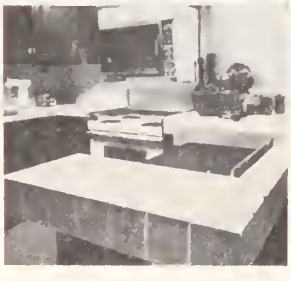

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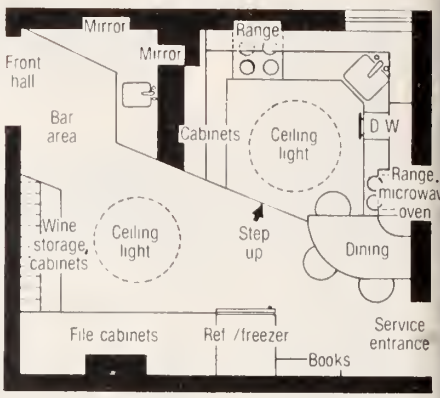
How remodeling with a shiny finish gave an apartment kitchen new life

A fantastic decorating trick, a little philosophy, and lots of warm gleam transformed a dull 15-by-20-foot butler's pantry-and-kitchen into the one on page 130, where Mr. and Mrs. Sanford Cohen now enjoy entertaining, cooking together, family dining, and almost endless storage. The remodeling, masterminded by Barbara Schwartz and Barbara Ross of Dexter Design, Inc., was a feat of spacemaking. Cutting a diagonal straight through the space made it visually wider (see plan), but they did more: By raising the cooking area into a platform and shortening the wall that divides it from the bar area, they gave the impression of a room within a room. "It was also an easy way to move plumbing," says Ms. Schwartz, since the Cohens wanted their sink relocated to the window wall. And the step-up kitchen lets Mrs. Cohen cook and be with guests who help themselves at the bar, without feeling cramped or "supervised."

A technique Ms. Schwartz and Ms. Ross call "scaping" not only opens space, but makes the people in it more comfortable. "We find that carrying the eye horizontally around a room at a familiar, attractive height does wonders. It makes the space seem custom fit," explains Ms. Ross, "so we feel connected with it." The system works beautifully in a kitchen, where countertops and ranges do the scaping; and in the Cohens' kitchen, because of the platform, the areas have their horizontals at different heights, which adds to the room's sculpted, architectural look. Another scaping device is the suspended shelf with incorporated lighting over the cooktop, where Mrs. Cohen hangs the Copco cookware (Mr. Cohen is president of Copco) she uses constantly.

Finding a reflective surface that would be practical and look clean and calm, but not cold, was the next challenge, and Formica's new metallic-finish laminate met it perfectly. It's good on low-use vertical surfaces, easy to clean, and has a warm gray tone that's not icy. Ms. Schwartz and Ms. Ross used it on dishwasher and refrigerator doors, on the Roseline cabinets that line the kitchen, and to face the suspended shelf; it also



LONDON

covers a cookbook shelf next to the refrigerator. For more elegance in the bar area, they mirrored the corner to reflect the streamlined storage wall and the built-in wine rack, doubling the small space. Mirror around the bar doorway makes the entrance wider and more glamorous. A separate bar was one of the Cohens' requirements for their new kitchen: "Of course everyone comes in here now," says Mrs. Cohen, "but even when the kitchen is full of people it still seems free and open.

Continued on page 178

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bine the rest of the sugar, both flours, wheat germ, salt, and 2 tablespoons of the butter in a large bowl. Stir. Add the yeast mixture and stir to combine. Turn out onto a floured board and knead briefly.

☐ Butter a bowl with 1 tablespoon of the remaining butter. Return dough to bowl, cover with a damp dishcloth and allow to rise until doubled in bulk, about 1 hour.

☐ Turn out again and knead briefly. Butter an 8-by-4-by-2½-inch bread pan. Shape the dough into a loaf and place it in the pan. Brush the top of the dough with butter, then let it rise to the top of the pan. Bake in a preheated 375° oven for 1 hour or until the loaf is crisp and brown.

Beer coleslaw

INGREDIENTS

1 2-pound cabbage, shredded
3 medium carrots, shredded
4 tablespoons onion, finely chopped
½ red bell pepper, seeded and cut into ⅛-inch dice
1 cup mayonnaise
1 tablespoon Dijon-style mustard
1 teaspoon celery seed
¼ cup beer
1 teaspoon salt
Freshly ground black pepper

METHOD

☐ Combine cabbage, carrots, onion, and pepper in a bowl.

☐ Combine the mayonnaise, mustard, celery seed, beer, salt and pepper in a small bowl. Blend well with a whisk. Pour the dressing over the cabbage mixture and toss, gently but thoroughly. Taste for seasoning. Cover and refrigerate 1 hour before serving. Serves 8.

Shrimp in beer batter

INGREDIENTS

2 eggs, separated
¾ cup beer
1 tablespoon peanut or other cooking oil
1 teaspoon salt
¼ teaspoon pepper, freshly ground
2 cups all-purpose flour, sifted
2 pounds medium-sized shrimp, shelled and deveined
Oil for deep frying

METHOD

☐ Combine egg yolks, beer, peanut oil, salt, pepper, and 1 cup of flour in a bowl. Whisk until smooth. Beat the egg whites until firm and fold into batter mixture.

☐ Holding the shrimp by their tails, dip each into the remaining flour, coating each lightly. Then dip them into the batter, coating well.

Meanwhile, heat cooking oil to 375° in a heavy deep fryer or kettle. Fry the shrimp, a few at a time, until golden brown, about 4-5 minutes. Drain on paper towels. Serves 4-6. ■

Whole-wheat bread

INGREDIENTS

1 package active dry yeast
1 cup warm water (100°-115°, approximately)
1 tablespoon honey
1 teaspoon salt
1 cup all-purpose flour
2 tablespoons honey, dissolved in 2 tablespoons warm water
1½ tablespoons vegetable oil
2 cups whole-wheat flour

METHOD

☐ Add the yeast to warm water in a bowl along with 1 tablespoon honey. Allow the yeast to proof. Add salt and all-purpose flour and stir vigorously until smooth. Cover bowl and let dough rise in a warm, draft-free spot for 30 minutes. Stir in honey dissolved in warm water, vegetable oil, and enough whole-wheat flour to make a firm dough. Turn out on a lightly floured board and knead dough until it is smooth and no longer sticky. Add more all-purpose flour while kneading if necessary—the amount will vary depending on the humidity of the day.

☐ Butter a bowl and place the dough in it, turning to coat all sides. Cover and let dough rise in a warm, draft-free spot until doubled in bulk, about 45 minutes.

☐ Punch dough down and place on a lightly floured board and pat or roll into a rectangle about 6 by 10 inches. Starting with narrow end, roll tightly, jelly-roll fashion, sealing dough about every ½ turn. Seal the ends very well.

☐ Center dough in greased tube and butter the ends. Cover ends of tube with foil and place in rack. Let dough rise in a warm, draft-free spot until almost doubled, about 30-45 minutes. Do not allow dough to extend farther than 1 inch from ends of tube. Remove foil and place in a preheated 350° oven on the lowest or next-to-lowest shelf for 50 minutes. Slide bread from tube onto rack to cool. Makes 1 loaf.

Basic white bread

INGREDIENTS

1 package active dry yeast
½ cup warm water (100°-115°, approximately)
1 tablespoon granulated sugar
½ cup warm milk (100°-115°, approximately)
3 tablespoons butter, softened
1¼ teaspoons salt
3 cups all-purpose flour

METHOD

☐ Add the yeast to warm water, along with the sugar, in a measuring cup or small container. Stir until the yeast is completely dissolved. Allow the yeast to proof.

☐ Place the milk, butter, and salt in a bowl. Stir until butter is melted. Add yeast mixture and 1½ cups flour. Beat vigorously until smooth. Stir in most of the remaining flour, then turn out on lightly floured board and knead dough until it is smooth, elastic, and no longer sticky—about 10 minutes. Add more flour while kneading if necessary.

☐ Follow instructions in the first recipe, letting dough rise 30 minutes the first time, 45 minutes the second. Bake in a preheated 375° oven for 50 minutes.

Dark rye bread

INGREDIENTS

1 package active dry yeast
¼ cup warm water (100°-115°, approximately)
1 teaspoon granulated sugar
¾ cup lukewarm milk
¼ cup light or dark molasses
1 tablespoon butter, melted
1 teaspoon salt
1 tablespoon caraway seeds (optional)
1¾ cups all-purpose flour
1½ cups rye flour

METHOD

☐ Add the yeast to warm water, along with sugar, and stir until the yeast is completely dissolved. Allow the yeast to proof. Place the milk, molasses, butter, salt, and caraway seeds in a bowl. Add the yeast mixture and 1 cup all-purpose flour, ½ cup at a time. Then stir in all of the rye flour, ½ cup at a time. Beat vigorously until the flour is thoroughly incorporated and dough begins to develop elasticity. Stir in most of the remaining flour to make a stiff dough. Turn out on a lightly floured board and knead dough until it is no longer sticky—about 10 minutes. Add more flour while kneading if necessary.

☐ Follow the remaining instructions in the first recipe, letting the dough rise 1½-2 hours the first time and 60-90 minutes the second. Bake in a preheated 350° oven for 45-50 minutes.

☐ *Note:* This bread will make a somewhat smaller loaf than the other recipes.

Cinnamon nut bread

INGREDIENTS

1 recipe for basic white bread
2 tablespoons brown sugar
1 teaspoon cinnamon
2 tablespoons currants, or dark or golden raisins
2 tablespoons walnuts, finely chopped
Melted butter

METHOD

☐ Follow basic white bread recipe. After rolling dough into a 6-by-18-inch rectangle, sprinkle with mixture of brown sugar, cinnamon, currants, and walnuts to within ½ inch from edge. Gently press nut mixture into dough with rolling pin. Continue as with other recipes. Let rise 45 minutes and bake in a preheated 375° oven for 50 minutes. Brush with melted butter before cooling on rack. ■

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Kings: 8 mg "tar," 0.6 mg nicotine av. per cigarette, FTC Report Aug. '77
100's: 11 mg "tar," 0.8 mg nicotine av. per cigarette by FTC Method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

MERIT
Kings & 100's

Chrome and cream kitchen
continued from page 174

Finally, an overall color had to be chosen for walls and countertops. A no-color was a good vote, "because the kitchen is often a chaotic place, and people, food, and appliances bring plenty of color of their own into a kitchen." But white seemed harsh with the mirror and brushed-chrome look. So Ms. Schwartz and Ms. Ross decided on a medley of soft, warm off-whites for the flooring, countertops, and wallcovering —Mrs. Cohen chose an almond range and Biscuit cookware and spice racks— that show off the pure design. "By combining the mirror and brushed chrome with cream colors we found a perfect balance of excitement and serenity that's inviting and always livable," they explained. Two 4-foot Lightolier dome ceiling lights unify the light tone in the two areas with a warm, incandescent glow, and additional spots for down-lighting in the bar area can give it an evening character for parties.

How does the kitchen work? Mr. and Mrs. Cohen enjoy cooking together, so two ranges were installed—a Jenn Air grill with two burners and a Magic Chef gas range with four—in the platform area. There are also two sinks, the kitchen basin and one for drink mixing. The Roseline cabinets have double-gourmet pantry shelves that store all boxed and canned foods in the storage area; drawers, some with removable sections, hold utensils; there's ample counterspace for everyday-use equipment—toaster, coffeepot, Cuisinart—with lots to spare; a Thermador microwave oven is built into the wall over the Jenn Air; and a semicircular counter with stools that bridge the step-up diagonal is the Cohens' breakfast and snack table. For building facts, please turn to page 181. ■

House-plant garden
continued from page 30

and dig four holes for the 2-by-4 posts. Ideally, these should extend down below the frost line in your area. The bottom rim of the frame itself should be buried an inch or two into the soil to keep grass from creeping in.

Fill your plant frame with a 2- to 3-inch layer of coarse gravel for drainage. Rest the pots on this gravel bed. Then by surrounding them with peat moss or wood chips to their rims and watering it down well, you'll be able to leave your outdoors-vacationing house plants unattended for a week or more next year. If you're planning to be away for a longer period than that on your vacation, simply cover the plant garden with a plastic tent for further moisture retention, making sure to leave some openings for air circulation. ■

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Eastwood ..... Pizitz
Five Points West ..... Pizitz
Gadsden ..... Pizitz
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Anchorage ..... Nerland's
Fairbanks ..... Nerland's

Arizona
Phoenix ..... Breuner's
Scottsdale ..... Breuner's

California
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Campbell ..... Breuner's
Century City ..... The Broadway
Daly City ..... Breuner's
Delano ..... The Broadway
Eastridge ..... Macy's
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Fresno ..... Breuner's
Hillsdale ..... Macy's
Hilltop ..... Macy's
La Jolla ..... The Broadway
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Oakridge ..... Macy's
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Richmond ..... Breuner's
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San Carlos ..... Breuner's
Santa Rosa ..... Breuner's
Serramonte ..... Macy's
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Stockton ..... Breuner's
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Denver
Bear Valley ..... May D & F
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University Hills ..... May D & F
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Lakewood ..... May D & F
Littleton ..... May D & F

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Milford ..... Wayside of Milford

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Wilmington ..... Strawbridge & Clothier

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Bradenton ..... Maas Bros.
Clearwater ..... Burdine's
Cadeland ..... Burdine's
Daytona Beach ..... Ivey's
Ft. Lauderdale ..... Burdine's
Ft. Myers ..... Maas Bros.
Gainesville ..... Maas Bros.
Hollywood ..... Burdine's
Jacksonville ..... Ivey's
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Fort Wayne ..... L. S. Ayres
Indianapolis
  Glendale ..... L. S. Ayres
  Greenwood ..... L. S. Ayres
  Lafayette ..... L. S. Ayres
  Washington Square ..... L. S. Ayres
Muncie ..... L. S. Ayres
South Bend ..... L. S. Ayres

Iowa
Cedar Rapids ..... The Killian Co.
Des Moines ..... J. L. Brandeis
Iowa City ..... The Killian Co.
Spirit Lake ..... Carpenter Interiors

Kentucky
Florence ..... Shillito's
Lexington ..... Shillito's
Louisville ..... Shillito's

Louisiana
New Orleans ..... D. H. Holmes
  Canal Street ..... D. H. Holmes
  Lakeside ..... D. H. Holmes
  Oakwood ..... D. H. Holmes

Maine
South Portland ..... Jordan Marsh

Maryland
Annapolis ..... Woodward & Lothrop
Baltimore
  Reisterstown Rd. ..... Stewart & Co.
  Westview & Golden Ring Mall ..... Stewart & Co.
  York Rd. ..... Stewart & Co.
Chevy Chase ..... Woodward & Lothrop
Columbia ..... Woodward & Lothrop
Iverson Mall ..... Woodward & Lothrop
Landover Mall ..... Woodward & Lothrop
Montgomery Mall ..... Woodward & Lothrop
Prince Georges ..... Woodward & Lothrop
Timonium ..... Stewart & Co.
Wheaton Plaza ..... Woodward & Lothrop

Massachusetts
Boston ..... Jordan Marsh
Braintree ..... Jordan Marsh
Brockton ..... Jordan Marsh
Burlington ..... Jordan Marsh
Cape Cod ..... Jordan Marsh
Framingham ..... Jordan Marsh
Lowell ..... Jordan Marsh
Malden ..... Jordan Marsh
Methuen ..... Jordan Marsh
Peabody ..... Jordan Marsh
Worcester ..... Jordan Marsh

Michigan
Ann Arbor ..... J. L. Hudson
Dearborn ..... J. L. Hudson
Detroit ..... J. L. Hudson
Eastland ..... J. L. Hudson
Fairlane ..... J. L. Hudson
Flint ..... J. L. Hudson
Grand Rapids ..... J. L. Hudson
Harper Woods ..... J. L. Hudson
Lakeside ..... J. L. Hudson
Livonia ..... Newton Furniture
Northland ..... J. L. Hudson
Novi ..... J. L. Hudson
Oakland ..... J. L. Hudson
Pontiac ..... J. L. Hudson
Saginaw ..... J. L. Hudson
Southland ..... J. L. Hudson
Sterling Heights ..... Newton Furniture
Taylor ..... J. L. Hudson
Troy ..... J. L. Hudson
Westland ..... J. L. Hudson

Missouri
Kansas City
  Independence ..... Stix, Baer & Fuller
  Oak Park ..... Stix, Baer & Fuller
  Ward Parkway ..... Stix, Baer & Fuller
St. Louis
  Chesterfield ..... Stix, Baer & Fuller
  Crestwood ..... Stix, Baer & Fuller
  Jamestown ..... Stix, Baer & Fuller
  Northwest Plaza ..... Stix, Baer & Fuller
  Riveroad ..... Stix, Baer & Fuller
  Westroads ..... Stix, Baer & Fuller

Nebraska
Columbus ..... J. L. Brandeis
Grand Island ..... Miller & Paine
Lincoln ..... Miller & Paine
Omaha
  Ames Plaza ..... J. L. Brandeis
  Bakers Square ..... J. L. Brandeis
  Crossroads ..... J. L. Brandeis
  North Shore ..... J. L. Brandeis
  Southroads ..... J. L. Brandeis
  Westgate ..... J. L. Brandeis
  Westroads ..... J. L. Brandeis

Nevada
Reno ..... Macy's

New Hampshire
Bedford ..... Jordan Marsh

New Jersey
Bernardsville ..... Greenbaum
Cherry Hill ..... Strawbridge & Clothier
Echelon ..... Strawbridge & Clothier
Lawrenceville ..... Convery's
Mananalapan ..... Steinbach's
Paramus Park ..... Abraham & Straus
Paterson ..... Greenbaum
Pleasantville ..... Steinbach's
Ridgewood ..... B. Altman & Co.
Seaview Square ..... Steinbach's
Short Hills ..... B. Altman & Co.
Woodbridge ..... Abraham & Straus

New Mexico
Albuquerque ..... American Furniture

New York
Albany ..... Mayfair
Babylon ..... Abraham & Straus
Brooklyn ..... Abraham & Straus
Buffalo
  Amherst ..... Flanigan's
  Orchard Park ..... Flanigan's
Canandaigua ..... Flanigan's
Elmhurst ..... Abraham & Straus
Garden City ..... Abraham & Straus
Hempstead ..... Abraham & Straus
Huntington ..... Abraham & Straus
Lake Grove ..... Abraham & Straus
Manhasset ..... B. Altman & Co.
New York ..... B. Altman & Co.
Olean ..... Flanigan's
Rochester
  Greece ..... Flanigan's
  Henrietta ..... Flanigan's
  Pittsford ..... Flanigan's
Syosset ..... Caldwell's Interiors
White Plains ..... B. Altman & Co.

North Carolina
Dunn ..... Belk's
Fayetteville ..... Belk's
Greensboro ..... Belk's
Laurinburg ..... Belk's
Rockingham ..... Belk's
Winston-Salem ..... Belk's

Ohio
Akron ..... O'Neil's
Beldon ..... Higbee's
Canton ..... O'Neil's
Chillicothe ..... Ebenhack & Son
Cincinnati ..... Shillito's
  Beechmont Mall ..... Shillito's
  Kenwood Mall ..... Shillito's
  Tri-County ..... Shillito's
  Western Woods ..... Shillito's

Continued on next page

House & Garden Colors
continued from preceding page

Cleveland ..... Higbee's
Beachwood ..... Higbee's
Euclid ..... Higbee's
Parmatown ..... Higbee's
Randall ..... Higbee's
Severance ..... Higbee's
Westgate ..... Higbee's
Columbus ..... Lazarus
Eastland ..... Lazarus
Kingsdale ..... Lazarus
Northland ..... Lazarus
Westland ..... Lazarus
Coshocton ..... O'Neil's
Dayton ..... Rike's
Great Lakes Mall ..... Higbee's
Kettering ..... Rike's
Lima ..... Lazarus
Mansfield ..... O'Neil's
Midway Mall ..... Higbee's
Oxford ..... Shillito's
Richland ..... Lazarus
Salem Mall ..... Rike's
Springfield ..... Rike's
Stow ..... O'Neil's
Toledo ..... J. L. Hudson
Warren ..... Strouss
Youngstown ..... Strouss
Austintown Plaza ..... Strouss
Eastwood Mall ..... Strouss
Liberty Plaza ..... Strouss
Southern Park Mall ..... Strouss

Oklahoma

Norman ..... Mister Robert, Inc.

Pennsylvania

Allentown ..... Schoen's
Ardmore ..... Strawbridge & Clothier
Bethlehem ..... Furniture Hall
Bradford ..... Flanigan's
Exton ..... Strawbridge & Clothier
Jenkintown ..... Strawbridge & Clothier
Neshaminy ..... Strawbridge & Clothier
New Castle ..... Strouss
Philadelphia ..... Strawbridge & Clothier
Plymouth Meeting .. Strawbridge & Clothier
St. David's ..... B. Altman & Co.
Sharon ..... Strouss
Springfield ..... Strawbridge & Clothier
Williamsport ..... Meelan's

Rhode Island

Warwick ..... Jordan Marsh

South Carolina

Columbia ..... Rich's
Prosperity ..... Prosperity Furniture

Texas

Arlington
Six Flags Mall ..... Sanger Harris
Beaumont ..... Joske's
Dallas ..... Sanger Harris
Highland Park ..... Sanger Harris
Plymouth Park ..... Sanger Harris
Preston Center ..... Sanger Harris
Red Bird ..... Sanger Harris
Town East ..... Sanger Harris
Valley View ..... Sanger Harris
Ft. Worth
Hulen Mall ..... Sanger Harris
Houston ..... Joske's
Gulfgate ..... Joske's
Northline ..... Joske's
Post Oak ..... Joske's
Town & Country ..... Joske's
Westwood ..... Joske's

Utah

Cottonwood ..... Z.C.M.I.
Ogden ..... Z.C.M.I.
Salt Lake City ..... Z.C.M.I.
University ..... Z.C.M.I.

Virginia

Landmark ..... Woodward & Lothrop
Seven Corners ..... Woodward & Lothrop
Tysons Corner ..... Woodward & Lothrop

Washington

Bellevue ..... Frederick & Nelson
Seattle ..... Frederick & Nelson
Aurora Village ..... Frederick & Nelson
Southcenter ..... Frederick & Nelson

SHOPPING INFORMATION

PRICES APPROXIMATE
State and local taxes additional

***Consult your interior designer or department store decorating service.**

COVER
Upholstery fabric: "Amaryllis" cotton: 54" wide. 27" repeat. $9 a yd. From the Romantic Gardens Collection. By Waverly. At Lord & Taylor, NYC 10018; Woodward & Lothrop, Washington, DC 20013.
Love seat: 65" x 35" x 35" h. **Wedge section:** 72" x 40" x 35" h. $638. **Armless chair:** 27½" x 35" x 35" h. Loose seat cushion. $364. **Armless chairs:** 28" x 33" x 32½" h. Attached seat cushion. $380 ea. All prices COM. From the Plaza Reflections Collection by Century.
Cotton durrie rug: 14'10" x 11'. $4,000. From Coury Rugs*, NYC 10022.
Rice paper fan wall lamp: 23" d. x 29" h. $75. **Lucite and chrome floor lamp:** 43" h. $150. Both at George Kovacs, NYC 10021.
"Sjörtorp" oil on canvas: 66" sq. By Doug Ohlson, 1977. $3,800. At Susan Caldwell Gallery, NYC 10012.
Agate-inlaid white lacquer jewelry box: 9¼" x 2¼" h. $240. At J. Garvin Mecking, NYC 10021.
Japanese red lacquer stack tables: 13", 14", and 15" sq. x 10" h. $950 a set. **Pink Wedgwood shell-shaped plates:** 12" x 8" x 2" h. $375 ea. Both at Joseph Rondina Antiques, NYC 10021.
Blue and white Chinese export porcelain plate: 17" d. x 2" h., c. 1720. $3,500. **Green and pink Cantonese enameled fruit box:** 10" sq. x 5½" h. $1,000. Both at Arne V. Schlesch and J.J. Garza Antiques, NYC 10021.
Antique blue and white porcelain lamp: 30" h. **Red lacquer coffee table:** 60" x 31" x 12" h. Glass vase: 12" d. x 12" h. Designed by Alvar Aalto. **Black lacquer side table:** 32" d. x 27½" h. Porcelain cauliflower: 10" d. x 7½" h. Pink porcelain plate: 9" d. Yellow porcelain vase: 8½" h. China eggplant: 7" d. Chinese porcelain fruit: 4½" w. Pink tin enameled melon: 6" d. x 4½" h. Red lacquered box: 5" x 3". **On stack tables:** Yellow china apple box: 4" x 4". Mauve porcelain ginger jar: 9" x 8½" h. Pink porcelain leaf plate: 7½" d. x 6½" h. **On sectional:** Assorted pink silk and multicolor rag woven pillow covers. All from Mario Buatta, Inc., NYC 10021.

FOR COMPACT LIVING
Page 112, and Pages 122-123
Wallcovering: "Coral Reef" fabric-backed, strippable vinyl. 27" wide. 18" repeat. $16 a roll. **Upholstery fabric:** "Daisy Fern" cotton. 48" wide. 18" repeat. Scotchgard finish. $10.50 a yd. Both by Diane Von Furstenberg for Wall-Tex. Columbus Coated Fabrics, div. Borden Chemical.
Round arm sofa: 85" x 34" x 28" h. Five loose cushions. Exaggerated Lawson style. $851. **High arm pull-up chair:** 27" x 24½" x 29½" h. $299. **Rattan base ottoman:** 30" sq. x 15" h. $272. All by Century Furniture.
"Shenoi" bleached cocoa fiber rug: 9' x 12'. By Import Specialists. $129.95. At Crate & Barrel, Chicago and Wilmette.
Laminate and chrome cocktail table: 38" sq. x 16" h. $550. By Design Institute America. At Bloomingdale's, NYC 10022.
On cocktail table: Painted khaki-colored compartmented box with red and black trim, c. 1800, $95. At America Hurrah Antiques, NYC 10021. **Handblown glass dish:** 11½"d. $308. From Jack Lenor Larsen, NYC 10022.
"Quadrifoglio Harvest" lacquered table: 60" sq. x 29" h. x 8" wide when closed. Polyurethane coating. $2,150. From Cy Mann Designs*, NYC 10022.
"Desert" folding hardwood armchair: 23" x 18" x 34½" h. Canvas seat and back. $108. By Gold Medal.
On dining table: Glass cylinder vase, $10. At Design Research, NYC 10022. **Glass battery jars with white candles:** 6" d. x 8" h. $10. At Bailey/Huebner at Henri Bendel, NYC 10019. **"Drabware" earthenware:** 5 pc. place setting, $45. By Wedgwood. **"Smithsonian" sterling flatware:** 5 pc. place setting, $250. By Stieff. **"Bourgogne" crystal wineglass:** $23.50. **"Octav" crystal carafe:** 75 centiliter capacity. $26. Both by Kosta Boda. **"Dots" cotton and polyester napkins:** 20"sq. $1.75 ea. By Diane Von Furstenberg for Leacock.

Pages 124-125
Springmaid "Suncheck" polyester and cotton sheets. By Springs Mills.
On mantel: Glazed ceramic ginger jars: 7" x 9" h. $150 ea. By Paul Nelsen. From LCS*, NYC 10021.
On banquette: Lacquered galleried tray: 15" x 19" x 2" h. Oxblood finish. $40. By Roe Kasian Designs. At Lord & Taylor, NYC 10018.
Handblown glass: Dish, 10½" d, $142. **Saucer,** 11" d., $158. **Flared green container:** 11½" x 10" h. $325. All made in Italy for Glassworks, division of Wicker Works. From Jack Lenor Larsen*, NYC 10022.
"Chocolate Boxes" lithographs: 30⅛" x 29¾". By Richard Smith. At Bernard Jacobson Ltd., NYC 10019.

FOR A NEW LOOK
Pages 132-133
On floor and walls: "Regents Row" Antron carpeting. 12' widths. $18 a sq. yd. By Bigelow-Sanford.
Print fabric on furniture: "Stux" cotton and linen: 48" wide. 19" repeat. Custom print and color. $22.50 a yd. From Hannett-Morrow*, NYC 10022.
"Starlite" reflective aluminum vertical blinds: By LouverDrape.
On dining niche walls: Naugahyde vinyl-coated fabric. Italian Brown color. 54" wide. By Uniroyal.
Recessed lighting: By Lightolier.

Daybed fabric: Schumacher*, NYC 10022. **Desk:** Custom made by Milari Limited Architectural Woodworking, Long Island City, N.Y. 11101.
Desk chair upholstery: Brown suede. From American Leather Mfg.*, Rahway, N.J. 07065.
Dining banquette: Custom made by Chairmasters*, Bronx 10451.
Dining chairs: From Designers Furniture Center*, NYC 10022.

COLOR FINDS
Pages 138-139

1. "Maize" earthenware: 4 pc. place setting, $18.50. By Roy Hamilton. At Tiffany, NYC 10022. **Flatware:** 18/10 stainless steel. Rust colored Lexan handle decor. 16 pcs. on rack, $50. By Ingrid. At Carson, Pirie, Scott, Chicago 60603.
2. "Diago" chair: 17½" x 19¼" x 39½" h. Laminated beechwood frame. Natural finish. $255. From Gibson International*, NYC 10016.
4. Stationery: 20 cards and envelopes in a bamboo box. $15. **Pencils:** 18 in a bamboo box. $7.50. **Handmade lace-trimmed sachet:** 3" x 4". Crepe de chine scent. $10. All at Jenny B. Goode, NYC 10028. **Handmade bamboo and paper light sculpture:** 9" x 14". $29. By Noguchi. At George Kovacs, NYC 10021. **"The Sentry" black and white television:** 14⅝" x 9⅝" x 9¾" h. Instant picture. $115. By Zenith. **Shell night light:** 7" h. $7.50. At Bloomingdale's, NYC 10022. **5. "Sarabande" wallcovering printed on paper:** 27" wide. 30" repeat. $48 a roll. From Lee/Jofa*, NYC 10022. **"Jade Dragon" hand screen printed washable vinyl wallcovering:** 27" wide. 8" repeat. $21 a roll. Coordinating fabric available. From Panache*, NYC 10022. **"Pinwheel" wallpaper:** 27" wide. 6" repeat. $33 a roll. Coordinating custom-made fabric available. From Designfriends*, NYC 10010.
6. "Ribbonworks" quilted cotton and polyester: 44" wide. 6½" repeat. Custom made. $42 a yd. From Craig Fabrics*, NYC 10022. **"Manta" cotton:** 54" wide. 4¼" repeat. $15 a yd. From Schumacher*, NYC 10022. **"Hydra" linen and cotton:** 52" wide. 9" repeat. From Quadrille. **"The Living Sea Print" cotton:** 48" wide. 24" repeat. $21.75 a yd. From Scalamandré Silks, NYC 10022. **"Ribbon Stripe" cotton:** 54" wide. 25¼" repeat. $19 a yd. From China Seas*, NYC 10021. **"One Cable Place" cotton:** 48" wide. 9" repeat. $27 a yd. From Browne/Metzger Handprints*, Pittsburgh 15217.
7. Pottery alphahet mugs: 7½ oz. Oven, dishwasher, microwave safe. Available in 15 letters. About $5. By Berkshire Stoneware. At Pottery Plus, NYC 10028: Strawbridge & Clothier, Philadelphia 19105; Sunshine Company, Westminster, Calif. 92683. **Porcelain enameled sheet steel tea kettle:** 2½ qt. Wooden handle. $29. **Porcelain enameled cast-iron cookware:** Au gratin dish, 14" d.. $42. 3 qt. covered saucepan, $45. Omelette pan, 8½" d. $22. 5 qt. covered casserole. $58. All by Copco.
8. "Tops and Bottoms" interchangeable chair system: 16 combinations with 4 tops, 4 bases. Chrome tubular frames. $168-$204. By Design Institute America. At Abraham and Straus, Brooklyn 11201.
9. Polystyrene ring cachepots with removable drainage trays: 4¼" d. x 3½" h., $2; 6" x 5", $3; 6¾" x 6", $4. By Ingrid. Write Ingrid, 5547 N. Ravenswood Ave., Chicago 60640 for nearest store **"Mini Hexagon" vinyl floor tiles.** From Eden*. NYC 10022. **Ceramic ridged jug lamp:** $17.50 (shade separate). From the Laura Ashley Collection. At Bloomingdale's, NYC 10022. **"Ritz" porcelain cachepot:** 6" d. x 6" h. $20. Jenny B. Goode, NYC 10028. **Plate under cachepot:** "Rondelet" porcelain: 5 pc. place setting, $28. By Fitz & Floyd. At Marshall Field, Chicago 60690.
10. Upholstered suede armchair: 26" x 29" x 33" h. $730. From the Contemporary Classics Collection by Drexel.
11. "Parka Pillows": 12", 18", and 24" sq. Channel quilted nylon and cotton. $25, $30, $45. By Phillip Matthews for Capital Ideas. At Art et Industrie, NYC 10012.
12. "Rondelle" vitreous china wash basin: 21" x 19". **"Bravura" 24-karat gold electroplate satin finish fittings.** Both by Kohler. **"Royal Velvet" cotton and polyester bath towel:** $10. By Fieldcrest.
13. Saucepan: 2¼ qt. $28. Lid, $9. **Frying pan:** 8¼" d. $22. Lid, $10. **Omelette pan:** 7¾" d. $20. **Frying pan:** 10¾" d. $25. Lid, $12. **Round gratin casserole:** 3 qt. $22. Lid, $11. All by Wilton Armetale.

BREADS
Page 157

"Bake-a-Round" heat resistant Pyrex bread-baking tube: 3½" d. x 14" long. 1½ lb. capacity. $12.
"Bake-a-Round" duo: Baking tube and 12" x 3" rack. $19.95. Both from the Culinaria Collection. By Corning.
"Baseball Stripe" cotton and linen dishtowel: 18" x 30". $2.25. By Katja Designs for Wellman. At Altman's, NYC 10016.

MAGNIFICENT MEN AND THEIR COOKING MACHINES
Pages 155/158-159

"Minigel" electric ice-cream maker: 1 qt. capacity. Stainless steel tub. Plastic cover. $650. By Bialetti. **Page160:** Electric pasta machine: Plastic rollers. Kneading and cutting attachments. $129.50. Both from Italy. At Williams-Sonoma, San Francisco 94102.
Clay tandoor oven: 11" or 14" h. Glazed interior. Dome cover. Bottom is microwave safe. Skewer assembly. $37.50 ppd. From Amnion Stoneware, 116 Carl St., San Francisco, Calif. 94117.

BUILDING DATA

Materials and equipment for the kitchen on pages 130-131

MATERIALS
Floors: "Crystal" 6" tile. By American Olean Tile Company.
Backsplash and countertops: Pumice colored Formica. By Formica.
Wallcoverings: "Merit Flight Special #2." From Sonia's Place*, NYC 10022.
Formica-faced cabinets: By Roseline Products, Farmingdale, N.Y. 11735 and NYC 10022.

EQUIPMENT
Electric range with grill by Jenn-Air. Gas range by Magic Chef. Sink by Elkay. Dishwasher by Waste King. Refrigerator-freezer by Amana. Microwave oven by Thermador. Cookware by Copco.

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The inflation machine
continued from page 53

streets, sidewalks, sewers, and amenities gradually over time through taxes, they are included in the price of the house at precisely the time most people find it difficult to pay. That is what is making prices rise.

The most effective way to slow the rate of home price rises would be to find ways to build more homes. But with environmental restrictions in so many places, this is not easy any more. The environmental pressures are often a good idea, but they are not free. Another factor is the trend away from apartment building. People today want to live in single-family homes rather than apartment blocks, which adds to the strain on land development and that too drives up prices. So in these high-demand areas, I'm afraid I don't foresee any immediate slowdown in house prices.

Q. *How much more is it going to cost to educate our children?*

A. Education costs have gone up about in line with the overall inflation. They will continue to rise because education is a very service-intensive industry. It is not a question of productivity. We can't ask teachers to handle more students, or classes to get bigger. That's not very effective as an educational system.

The biggest growth has not been in the number of classroom teachers, but in supervisory employees, people devoted to the development of special programs. In a way, the price of education has gone up because we've changed so much the type of education we have. We have more and more people employed outside the classroom—curriculum experts and so on—particularly in elementary and high schools.

In many respects, college education is still a bargain, because almost half the costs are still paid for out of state tax revenues rather than through tuition. There's been no change really in that respect in the last decade. The dramatic increases in tuition have occurred in places like Harvard and Princeton. These universities know that they have a tremendous number of applicants relative to the number that they can accept, so they raise their tuition accordingly. In these cases, people are not buying an education so much as prestige.

Q. *Is buying antiques, art, or gold, a hedge against inflation?*

A. It depends. During a period of inflation, people are encouraged to put their money into what is described as "real" assets rather than financial assets. On average, it is true that the price of artwork rises. But if you buy the wrong piece of artwork, that does not work. The same applies to antiques or porcelain. To get into a specialized field as a hedge against inflation can be dangerous. If you do not have the expertise necessary, it will not be a hedge against inflation at all; you will lose your money. Also art objects are difficult to sell again—it takes time. They are not as marketable as a bond.

As for gold, well, people have been buying gold for years as a hedge against inflation. For 40 of those years, nothing happened to the price of gold. If you bought gold in 1965 and sold it today, you made a good gain. But if you bought it in 1955 and sold it in 1965 you lost your shirt. If you bought it two years ago, today you would have lost heavily. This is exactly the same as investing in the stock market. If you are an expert, I guess you can make some money. If not, it's highly risky.

Q. *Does borrowing money work as a hedge against inflation?*

A. There is an attraction in taking out mortgage holdings as a hedge against inflation, principally because of the tax advantage. The interest is tax deductible, and if one is in a very high tax bracket, then the effect of the interest rate after tax is a lot lower. I think this is a reasonable argument in its favor for someone who asks, "Should I remodel?" If you were not willing to remodel because you didn't want to borrow money, then it makes sense to realize that the interest rate really isn't as high as it seems, and also that the addition you are building on to the house is an investment, since you expect the value of the house to go up. Therefore, in taking out the loan now you will benefit from future gains.

Q. *What's going to happen in the future?*

A. Inflation really means that people, to keep up with others, ask for larger and larger wage increases, and that, in turn, pushes up prices. It's not a problem unique to us; it is endemic to every democratic market economy in the world.

One way to put it is that the world is not as competitive as it used to be. People are not that frightened about losing their jobs if they ask too big a wage increase, or frightened about losing sales if they put up prices. Competition did work—the fear of losing your job certainly holds down wages. But it was a cruel system, inhumane. Read the books of Upton Sinclair and see the way life was. Many of us found it unfair.

So we changed the institutional systems. We didn't like the way they worked, so we introduced an economic system that tries to reflect equity. We talk about finding the *fair* way to treat everyone. But the price of making it more fair, which has many desirable aspects, is that people have a lot more discretion over their wages and prices, and if they can't learn to exercise that discretion with restraint, the inevitable outcome is inflation.

Today every group thinks that it ought to have a little bit more, and the rest of us agree to give it to them—to the schoolteachers, the garbage collectors, policemen. You see it particularly at the local level. We say yes, because we do not want the conflict of facing up to the fact that if one person is getting more, somebody else is getting less. Who is willing to accept less? Nobody. So we promise everybody more and then people get irritated because they say inflation took away their gain.

The problem about holding down wages and prices is that if you do it yourself and nobody else does, you lose. And today people have no confidence that others will follow if they practice restraint, and this lack of confidence prevents anyone from doing it and so nothing happens. It's like a treadmill. Inflation is a product of our democratic system and an attempt to be fair. Our job now is to try to put pressure on people to limit their demands and to do it *together*. Then our society would really be fair—to everyone. ■

To make the knit throw
as seen on page 148

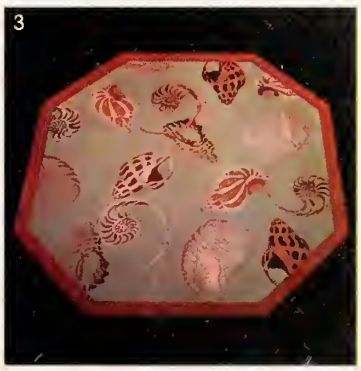
Materials: 1 size #11 36-inch circular needle. Yarn: 4 37-gram skeins of Reynolds #1 mink mohair, 2 37-gram skeins of Reynolds #1 gray mohair, 3 40-gram skeins of Galler beige mohair, 2 40-gram skeins of Galler white mohair, and 1 skein of natural silk.

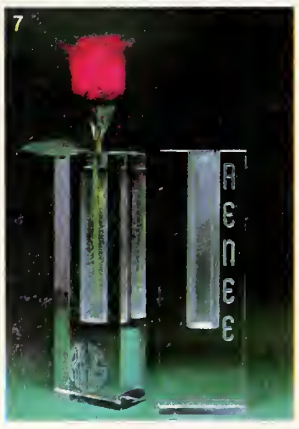
The entire afghan is worked in the plain garter stitch (g) and an openwork pattern stitch (ow) formed by the following two rows: *Row 1:* Knit each stitch, wrapping the yarn around twice. *Row 2:* Knit each stitch dropping the extra loop. These rows *together* are called *ow*.

Cast on 120 stitches. **Mink:** 12 rows g. **Gray:** 4 rows g. **Silk** (worked doubled throughout): 2 rows g. **Gray:** 2 rows g. **Beige:** 6 rows g. **Mink:** 1 row g, ow twice. **Gray:** 2 rows g. **White:** 2 rows g. **Gray:** 2 rows g. **Beige:** ow once. **Silk:** 4 rows g. **Mink:** 2 rows g. **White:** ow twice. **Mink:** 10 rows g. **Beige:** 4 rows g. **Gray:** 4 rows g. **Silk:** 4 rows g. **Mink:** ow twice. **White:** 4 rows g. **Mink:** 2 rows g. **Beige:** 6 rows g. **Silk:** 4 rows g. **Gray:** 1 row g, ow once, 1 row g. **Mink:** 12 rows g. **Silk:** 4 rows g. **Mink:** 2 rows g. **Beige:** ow once. **White:** 2 rows g. **Beige:** ow once. **Mink:** 2 rows g. **Gray:** 8 rows g. **Silk:** 4 rows g. **Mink:** 1 row g, ow twice, 1 row g. **Gray:** 2 rows g. **White:** 2 rows g. **Gray:** 2 rows g. **Beige:** 8 rows g. **Silk:** 2 rows g. **Mink:** 2 rows g. **White:** ow twice. **Mink:** 10 rows g. **Beige:** 4 rows g. **Gray:** 2 rows g. **Silk:** 4 rows g. **Mink:** 1 row g, ow once, 1 row g, ow once. **White:** 4 rows g. **Mink:** 2 rows g. **Beige:** 6 rows g. **Silk:** 4 rows g. **Gray:** ow once. **Mink:** 12 rows g. To finish, single crochet around edge with 1 row gray and 4 rows beige, crocheting alternately on right side and wrong side of the throw, working 3 sc at corners. Be sure to keep all the edges flat. ■

SHOPPING AROUND COLLECTION

Welcome to a great shop-by-mail expedition in color. Share our excitement as you look through this folio of specially selected merchandise shown in full color. Now seeing is believing...the true beauty of attractive new items you can order by mail. Finds in fashions, in furnishings for the house and gifts to give you a head start on Christmas. The collection in color is a bright introduction to September Shopping Around pages that include features on fall and winter catalogues.





1. Serve up wildflowers. Salad or dessert plates in fine china, 7½" dia. Each one is different, has its botanic name printed on the back. Exclusive design by Franci Young. A charming gift idea. Set of six, $25 plus $2.50 post. Catalogue $1. The Very Thing! HG9, Rte. 1, Box 549, Crozet, VA 22932.

2. We're excited about a new miraculous process that can etch pure gold into the beautiful relief of the old Morgan Silver Dollar. Cartwheels, Inc., has cleverly fashioned these beautiful coins into stunning jewelry. The necklace, shown, with 24" gold filled chain and frame is $89. The money clip is just $35. These eye catching pieces are available now by check or credit card. Credit card customers can order toll free by dialing 1 800 441-7666. Send $1 for catalogue. Cartwheels, Inc., HG9, 2500 Grubb Rd., Wilmington, DE 19810.

3. Understatement. A 48" octagonal rug to needlepoint. Exclusive design. Bold shells of apricot and oriental russets on seafoam green. Handpainted #10 canvas, Paternayan Persian yarns. $415 plus $4.15 post. Color catalogue $3 (refundable with order). Papillon, HG-205, 443 E. Paces Ferry Rd., N.E., Atlanta, GA 30305.

4. Natural color shells. Textile Cone, $1.75; a Scorpion Spider shell, $4; Strawberry Top shell, $1.25; a Green Tusk shell, 90¢; Yellow Banded Snail, $2.25; and Orange Miter shell, $1.45. Add 50¢ post. each. Catalogue and color portfolio $2. Dover Scientific, HG9, Box 6011T, Long Island City, NY 11106.

5. Her name is Lisa. Handmade old-fashioned dress of printed lawn; polka-dot pinafore and bonnet with eyelet lace; white eyelet petticoat, pantaloon. Judy Rankine 22"doll. $67.50 ppd. Send $1 to be on catalogue mail list. The Enchanted Doll House, 215 Mountain Path, Manchester Center, VT 05255.

6. Fall 1978 Catalogue. Pages and pages of the truly timeless women's fashions for which The Talbots are noted. Dresses are softly feminine, separates and accessories are always smart. Menswear too. Request free new catalogue for every season. The Talbots, Dept. CE, 175 Beal St., Hingham, MA 02043.

7. Beautiful acrylic. Elegantly tall bud vase is 6" high by 2" wide by 1" deep. Engraved with lovely circle monogram (underline last-name initial) or any name to seven letters (print). Comes attractively boxed for a very personal gift. $11.50 ppd. Acrylic Gallery, HG9, 1405 Main St., Sarasota, FL 33577.

SHOPPING AROUND COLLECTION

1. Antiqued copper in handmade baskets finished with jewelers' lacquer. Hand-embossed silver wheat and pheasant designs, or doctors' and lawyers' emblems with initials. Wastebasket 14″, $25; letter basket 5″ is $12. Ppd. Free brochure of leather and copper gifts. Gregory E. Hentzi, HG13, 18 E. Main St., Warren, MA 01083.

2. Glitter birds. Ornament the tree or wall at Christmas time. Needlepoint design in color on #14 canvas, about 4″; Persian wool; glitter yarn; felt, backing; directions. Peacock, owl, partridge, cockatoo, cardinal, doves. Each kit $3.50; all six $18.95. Add 75¢ post. Harbour Gifts, HG9, 1070 Harbour Dr., Palmyra Harbour, NJ 08065.

3. Coin collectors' coaster set has six different not-so-small change coins. Shiny 3″ replicas of Indian head penny, Liberty quarter, Twenty-dollar gold pc., Buffalo nickel, others. Sure talk starter—or paperweights. In "U.S. Mint Bag" $8.95 plus 50¢ post. Colonial Garden Kitchens, HG1, 270 W. Merrick Rd., Valley Stream, NY 11582.

4. Butler's coffee table. A handsome adaptation in solid pine of a traditional serving table, as versatile and functional as it is beautiful. In front of your sofa it assumes the role of a sturdy coffee table. When you are entertaining it becomes a perfect tea or cocktail table. Any or all of the four hinged leaves can be lowered to give you a larger serving surface. 16″ high; with leaves up: 19″ wide by 32″ long; leaves down: 27″ wide by 39″ long. A most impressive gift for a family, for your favorite hosts. In a kit, easy to assemble $54.95; finished antique $79.95. Add $3 post. Yield House, G89A, North Conway, NH 03860.

5. Write now color is in! What could be a better way to express your colorful style than to send personalized stationery to a friend or relative. Beautiful colors, papers, designs, type styles. Available with name, address printed on letters and envelopes. Free color catalogue, actual samples. The Letter Box, HG98, Box 371. Woodbury, NY 11797.

6. Fireside couple. Set a warm mood for foyer or hearth with Mr. and Mrs. Claus. Skillfully handcrafted with the appealing expressions that are Annalee's trademark. Felt/flannel/cotton and wicker basket for cards or greenery. 30″ tall. $74 plus $2.50 post. Send for catalogue. Annalee's Workshop, Dept. HG9, Box 446, Meredith, NH 03253.

7. Oil lamp, circa 1800. Copy handcrafted of solid brass in antique finish. Pierced base, ornate collar. For lamp oil or kerosene. Chimney hand-blown to its unusual shape. 20″ high. Complete with wick $24.50 plus $1.75 post. Catalogue 50¢, free with order. Sturbridge Yankee Workshop. HG9, 544 Brimfield T'pike, Sturbridge, MA 01566.

8. Heirloom quality. To locate a brass bed with the investment value of fine antiques turn to the Portuguese-born craftsman, Joao Isabel. Fully integrated all-brass frame system supports bedding, is far superior to a common "solid brass" label. $3 for the full-color catalogue. Joao Isabel, HG9, 120 E. 32nd St., New York, NY 10016.

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1. Irish Lace Ruffles. Winsome ruffles of Cluny lace. This 2″ ruffle is very sturdy, launders easily. Snowy white or natural permanent press (50% cotton 50% polyester). All pairs 90″ wide. 45″, 54″, 63″ long, $17.50 pr; 72″, 81″, 90″ long, $20.50 pr. Valance, $6.75 each.

2. Narrow Ruffle unbleached muslin with 2″ ruffles. 100% cotton, 100% Country Curtains. First curtain they introduced still a classic. Also in white. 80″ wide per pair. 45″, 54″, 63″ $11 pr; 72″, 81″, 90″ $13 pr; Valance, $3.25 each. Shorter lengths available.

3. Federal floral, reminiscent of the 18th century, on cotton and polyester permanent press. Federal blue and rosy red; also gold, rust on soft natural background. 80″ wide per pair. 45″, 54″ $16 pr; 63″, 72″ $19 pr, 81″, 90″ $22 pr. Valance, $5.50 ea. Matching bed ensemble.

4. Ball fringe specially-made is stitched on by homesewers in the village. Unbleached or white cotton muslin or cotton/polyester permanent press in natural or white. 90″ wide per pair. 20″, 25″ $7 pr; 30″, 36″, 40″ $8 pr; 45″, 54″, 63″ $11 pr; 72″ 81″ 90″, $13 pr; Valance $3.50 each.

5. Petite bell flowers. Lively scattering of soft blue flowers on care-free cotton/polyester. Also forest green, cherry red, nut brown on off-white. 78″ wide per pair. 45″, 54″ $13 pr; 63″, 72″ $16.50 pr; 81″, 90″ $19.50 pr. Matching bed ensemble.

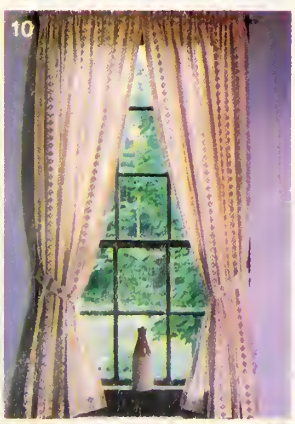
6. Patchwork quilt. 4″ squares of old-fashioned prints. Double thick polyester fiberfil. Twin size, $95; double, $105; queen, $125. Dust Ruffle, natural or white polyester/cotton, twin or double, 15″, 20″, 25″ drop, $18 ea; queen, 15″, 20″ drop $20 ea. Quilted Muslin Sham, 3″ ruffles, lace insert. Ecru or white. $12 each.

7. Gingham classic. Red and white with 2″ ruffles. Cotton/polyester blend. The ¼″ woven check also in light blue, pink, yellow or brown with white. All pairs 74″ wide. 25″, 30″, 36″, $8 pr; 45″, 54″, $10.50 pr; 63″, 72″, $12.50 pr. Val., $3.25 each.

8. Bedspread fringe curtains inspired by a colonial museum in Vermont. 4″ knotted fringe. 50% cotton, 50% polyester. Natural or white. 90″ wide per pair. 30″, 36″, 40″ $11.75 pr; 45″, 54″, 63″ $17.50 pr; 72″, 81″, 90″ $20.50 pr. Valance $6.25 each.

9. Stockbridge Tab. Simple tab styling and charming fabric design make this print easy to use. Brick red, brown, gold or green on off-white background. Cotton/polyester. 80″ wide per pair. 36″, 40″ $13 pr; 45″, 54″ $14 pr; 63″, 72″ $17 pr. Other tab curtains in catalogue.

10. Brown Flowered Stripes Flocking, a very old textile technique, works beautifully on these unbleached muslin curtains. 70″ wide per pair. 45″ 54″ $11 pr, 63″, 72″ $13 pr; Valance, $4 each. Shorter lengths in catalogue.



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SHOPPING AROUND COLLECTION

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1. Baby's own basket. Pick-up handles, easy to take anywhere. Handwoven natural palm leaf is lightweight, very sturdy. 30" long by 16" wide by 18" high. $29.95 plus $5 post. Yellow-white gingham coverlet, Kodel polyester-filled liner $14.95. Fran's Basket House, HG9, Rte. 10 Succasunna, NJ 07876.

2. Crystal clear bobeches for your candle-lighted table. 3½" dia., each has eight prisms. Clear 2½" prisms, pr. $11.50; clear 3½", pr. $12.50; with 2" prisms in green, amber, blue, red or amethyst, pr. $19.95 plus $1 post. Crystal Classics, Dept. HG-98, 17 Orchard Farm Rd., Port Washington, NY 11050.

3. Healthy, hardy tulips. Medium size (2¼-3" circ.) planting stock bulbs. Assorted colors. Guaranteed many blooms next spring, full bloom at least 5 years thereafter. 50 for $2; 100 only $3.50. Includes 6 crocus free. Add 40¢ post. Michigan Bulb Co., Dept. R-70, 1950 Waldorf, Grand Rapids, MI 49550.

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CATALOGUE CHECKPOINT

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2. THOSE LOVABLE ANNALEE DOLLS with their impish, happy expressions are ready to bring a chuckle to your Christmas displays. Mr. and Mrs. Santa, ranging from 7" to 4' accompanied by lively entourage of reindeers, gnomes, caroling mice and snowmen. Christmas 1978 catalogue in color. Annalee's Workshop. Free.

3. CLASSIC FASHIONS AND FINE GIFTS just in time for holiday giving. 64 page color catalogue of sportswear for men and women, lots of unusual gift ideas. Ornaments, figurines, toys, planters, glassware, more. Johnny Appleseed's. Free.

4. FINE STATUARY for garden, house and terrace. Animals and birds, urns and benches, classic works of art. In terra cotta, lead, teak, hand carved Italian stone, bronze cast stone. Erkins Studios. $1.50.

5. A MYRIAD OF BEAUTIFUL ITEMS for your many faceted lifestyle. Unique gifts and accessories, exciting fashions, fine home furnishings and higher priced electronic items. All reflecting good taste and quality. Facets. Free.

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8. HOW TO CONTROL CELLULITE is explained in a 24 page booklet describing the Au Naturel™ formula of vitamins, minerals and 12 herbs that help curb those body lumps and bumps called Cellulite. Herbal Concepts, Inc. Free.

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18 COUNTRY CHARM AT ITS BEST in old fashioned electric kitchen appliances. Cast iron and black enamel capture mood of early America. Electric range, wall oven, skillet, patio cooker, clocks. Color brochure from The House of Webster. 25¢.

19. ENJOY OLD TIME TENNESSEE with items that have present day appeal. Color catalogue is big on Jack Daniels label—rugs, lamps, glassware, shades, buckles, clocks, food products, broom, toys. Lynchburg Hardware & General Store. $1.

20. ORIGINAL FINE ARTS PRINTS in limited editions each signed by the artist. Color lithographs, etchings, serigraphs by Renoir, Calder, Joan Miro, others. Color catalogue includes artists' biographies. Original Print Collectors Group, Ltd. $1.

21. IF YOU LOVE THE UNIQUE, the beautiful, and the best, this color catalogue should please you. The ultimate in originality, usefulness and elegance in fashion accessories, specialties for the gourmet, the hostess, the collector of museum-quality objets d'art. The Portfolio™. $2.

22. DAZZLING COLLECTION OF DIAMOND-LIKE man-made stones. Multi faceted, sparkling brilliance. Mounted in rings, pins, earrings, pendants, bracelets, for men and women. White and yellow gold. Color catalogue. Strongite. 25¢.

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27. PILLARS OF WOODGRAINED BEAUTY created by wrapping patented PP panels around unsightly pipes and posts in finished basement. Come flat, in 7' or 8' lengths. Free sample: specify 3", 3½", or 4" dia. The Workshop. $1.

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September 1978

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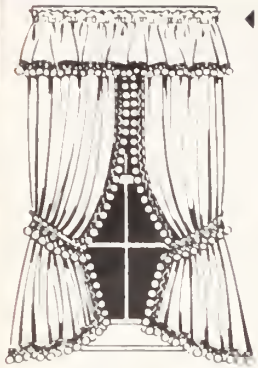

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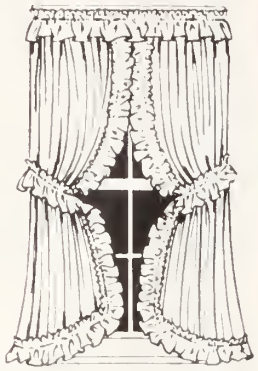

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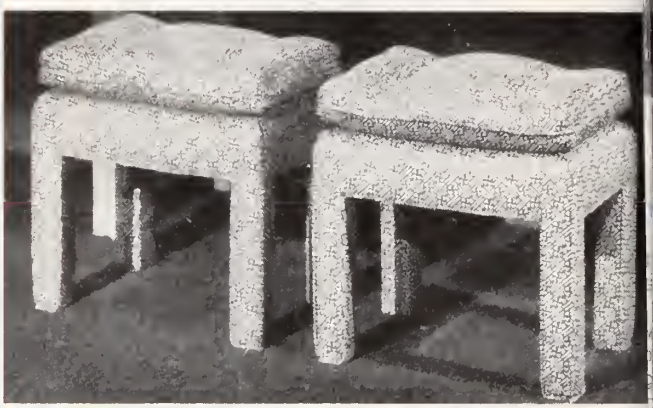

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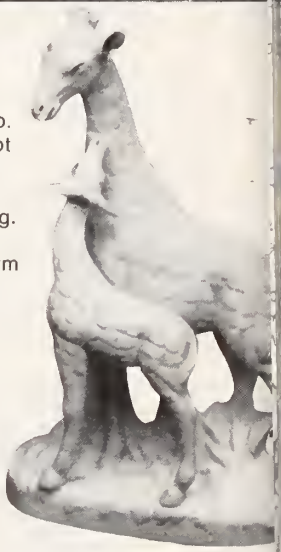

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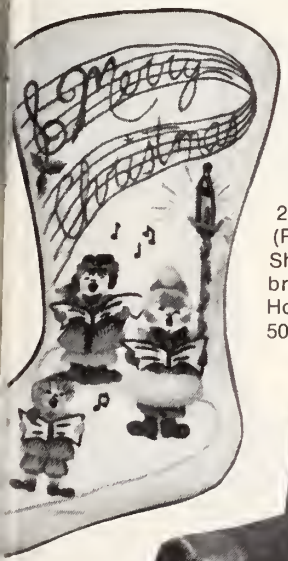

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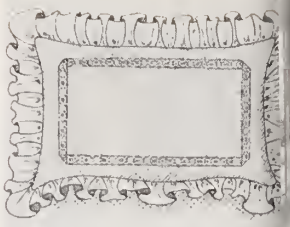

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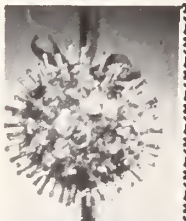

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RR201-6 — White Labels, 1 pk., $1.29
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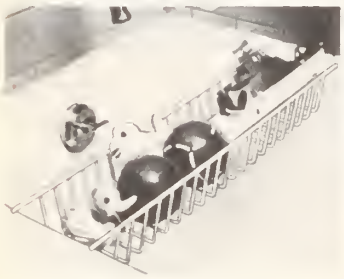

Tub Toy Rack
It straddles all modern tubs and takes charge of Junior's armada of bathtub toys. Rack is 6½x25″, made of sturdy steel, coated with scratch-proof, rustproof vinyl, drains toys dry in a hurry, keeps them out from underfoot between baths.
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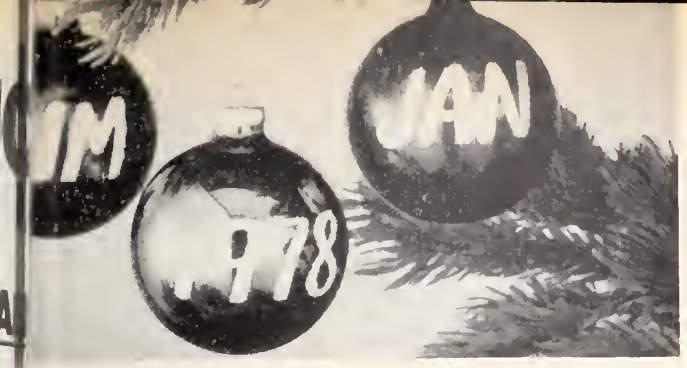

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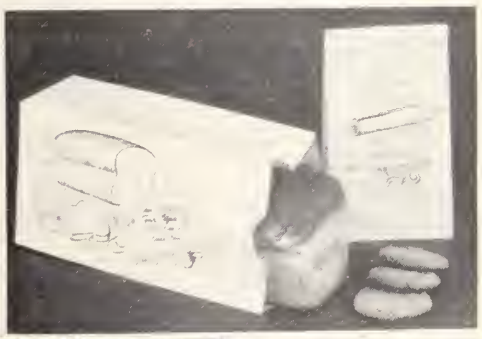

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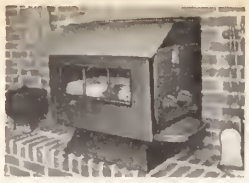

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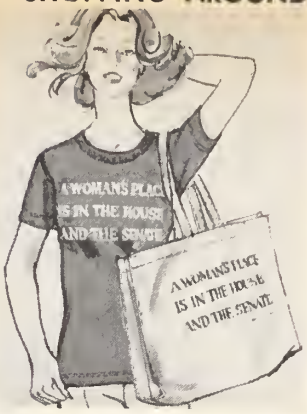
ndwoven of golden rattan with ss corner braces, handles and k. For sturdy seating, lamp or fee table, storage. Cube 16" 9.95 plus $4 post.; the treasure st 16" by 17" by 32" $79.95 s $8 post. Catalogue 25¢. n's Basket House, HG9, Route , Succasunna, NJ 07876.



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Meaningful remark. "A woman's place is in the house and in the Senate." Navy letters on natural canvas tote 15" by 16", $10. French cut T-Shirt, pure cotton. S/M/L. White, black, brown, red, navy. $11. Add $1 post. each. Postique, HG4, 216 W. 89th St., New York, NY 10024.

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7903-6—Small Shelf **$4.19**
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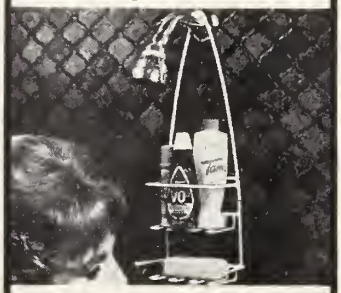

Cushion-Vinyl Shower Caddy

Keeps everything at your fingertips so you can shower in uninterrupted contentment. Caddy slips over the shower head and provides two bars for shower cap and washcloth, a section for bottles, and space for soap. The caddy is vinyl-cushioned steel, 3¼x6¼x17", comes in your choice of decorator colors.

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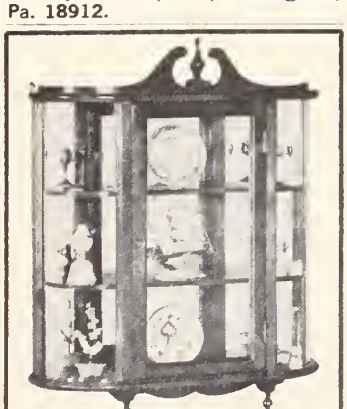

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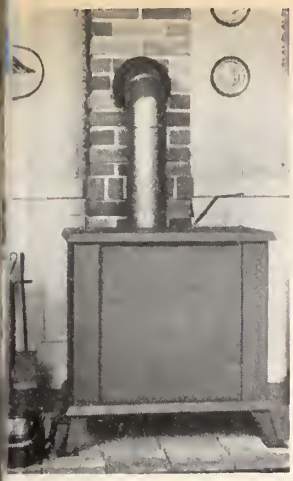

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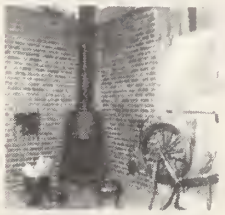

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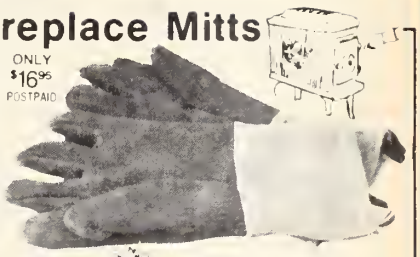

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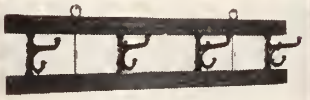

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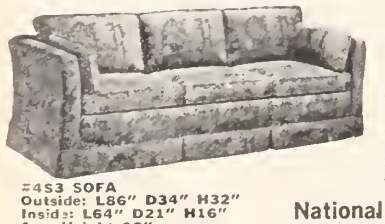

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TURNS EVERY LAST BIT OF THE FOOD YOU EAT INTO BURNED-AWAY ENERGY INSTEAD OF STORED-UP FAT!

Medical science has proven conclusively that in your body there exists a fat-burning system of natural chemical fat-destroyers so powerful, they are capable of NEUTRALIZING THE EFFECT OF ALL THE CALORIES IN THE FOOD YOU EAT. That once you discover how to unleash these fat-destroyer chemicals against clinging pockets of fat . . . you can actually compel your body to GROW SLIMMER, INSTEAD OF FATTER, AFTER EACH MEAL YOU EAT!

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Now from one of America's leading obesity specialists comes a thrilling crash-burn way to slimness . . . that does away with all the torture of rigorous diet ONCE AND FOR ALL — ends brutal exercise FOREVER!

What this doctor has done is simply this. Found a surefire way for you to gently raise the level of your fat-burning metabolism . . . step up the flow of your body's own natural fat-burners so that every time you eat . . . your system automatically NEUTRALIZES THE EFFECT OF ALL THE CALORIES IN THE FOOD YOU TAKE IN — AND YOUR BODY MELTS AWAY FAT LIKE HOT WATER MELTS DOWN ICE!

Yes, with this doctor's thrilling ANTI-CALORIE PROGRAM and capsule, you "rev up" your inner furnace — you neutralize all the calories coming in — so not one ounce of the food you eat can possibly turn to fat.

ACTUALLY SHRINKS YOUR BODY'S FAT CELLS STARTING IN JUST HOURS!

Yes, based on published reports from professors at leading medical schools . . . PLUS experimental fat-burning studies on U.S. Army officers, West Point Cadets and independent research tests . . . with the food you eat on this doctor's CAPSULE PROGRAM . . . your body automatically neutralizes the effect of all the calories you take in — automatically forces pounds and inches to vanish so FAST, that before you hardly know it, you:

LOSE UP TO 4 TO 6 INCHES OFF YOUR WAISTLINE
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LOSE UP TO 3 INCHES OFF YOUR THIGHS
LOSE UP TO 4 INCHES OFF YOUR BUTTOCKS
LOSE UP TO 4 INCHES OFF YOUR STOMACH

. . . as you start to win the physique of a naturally skinny person . . . those types who never seem to gain an ounce!

YOUR TUMMY FEELS LIKE YOU FEASTED, BUT YOUR WAISTLINE LOOKS LIKE YOU FASTED!

Just to give you an idea of how fast this thrilling anti-fat wonder-weapon burns away excess fat and inches . . . according to California University Medical School research on energy burn-off you can actually melt away more fat each 24 hours than if you ran 10 to 14 miles a day! — Lose more pounds each week than if you did 300 sit-ups each morning and 300 push-ups each night! LOSE as much as a FULL SIZE THE FIRST 5 DAYS ALONE.

VITAL NOTICE Before starting this program, consult with your physician to be sure you are in normal health and your only problem is excess weight. Individuals with high blood pressure, heart disease, diabetes, or thyroid disease should use only as directed by a family physician and see if he doesn't agree that this Lifetime Road to Slimness including the few minutes of nightly toneup the doctor highly recommends is by far one of the most medically sound, fully sensible approaches to the problem of excess weight.

BEST OF ALL — YOU STAY SLIM FOR GOOD! BECAUSE AT LONG LAST, YOU HAVE IN YOUR HANDS A LIFETIME WEAPON TO DEFEND YOURSELF AGAINST FAT BUILD-UP!

Yes, when you arm yourself with this thrilling ANTI-CALORIE CRASH-BURN PROGRAM and doctor's capsule . . . you actually fortify yourself with the only thing you'll ever need for LIFETIME PROTECTION against excessive fat build-up. That's because, medical science now offers you a proven way to neutralize all the calories in the food you eat — gently step up your metabolism . . . stimulate and "target" your body's "fat-burner" chemicals to attack clinging pockets of fat, so you burn away excess flab meal to meal these 3 medically proven ways.

ONE — BECAUSE YOU CONSTANTLY NEUTRALIZE THE EFFECT OF THE CALORIES IN THE FOOD YOU EAT, YOU BURN AWAY STORED-UP FAT AND CONTINUE TO GROW SLIMMER AND SLIMMER FROM MEAL TO MEAL! Yes, when you launch yourself on this doctor's calorie-deficit crash-burn program you gently step up your inner furnace! So when food enters your body, instead of being stored as fat, it is AUTOMATICALLY converted to burned-away energy

TWO — YOU GRADUALLY ACCELERATE YOUR FAT-BURNING METABOLISM by greater caloric burn-off than intake. Meaning your body, without you even feeling it, unleashes a steady surge of fat-burner chemicals directly into your system to attack stored-up fat . . . automatically breaks down . . . converts it into fluid . . . that drains right out of your body!

Just like a furnace grows hotter and hotter the more you stoke it . . . so your own body burns away fat faster and faster the more you step up your fat-burning metabolism.

THREE — YOU COMPLETELY DEFEAT THE GREATEST SINGLE CAUSE OF FAT BUILD-UP, runaway appetite and overeating. Because the moment you take this doctor's CAPSULE, ravenous hunger disappears. Gnawing appetite is switched off . . . you lose your craving for food for hours at a time.

More significant . . . when you do eat on this Doctor's CRASH-LOSS diet and Lifetime-Slim maintenance program, since your body completely NEUTRALIZES THE FAT-BUILDING EFFECT OF ALL THE CALORIES IN THE FOOD YOU EAT, excess fat simply cannot form . . . stored-up body fat burned off and melted away by the hour — and you **continue to grow slimmer instead of fatter after each meal you eat!**

DOCTOR ADVISES: USE THIS CRASH-BURN PROGRAM ONLY WHILE YOU'RE OVERWEIGHT . . . OTHERWISE YOU MIGHT GROW TOO THIN!

Of course, there is one thing you must keep in mind. You cannot use this new CAPSULE CRASH-BURN PROGRAM indefinitely . . . otherwise, you might become overly thin.

Also, as long as you are on this ANTI-CALORIE Program you cannot stuff and gorge yourself silly on over-rich, high-fat foods. There is a reasonable limit on just how fast medical science can help you safely burn away fat. BUT — and here's the very heart of this wondrous new development: Because this thrilling ANTI-CALORIE concept not only helps you neutralize the effect of the calories in all the food you eat . . . but ALSO puts gnawing appetite to sleep . . . you simply lose that driving urge, that maddening craze to make fattening food the very center of your existence . . . **thanks to this medically proven formula that contains the most powerful reducing aid ever approved for release to the public by the United States Government!**

Now just think what this great ANTI-FAT weapon means to you, if all your life you've had to fight off excess pounds, battle away inches?

WHY "KILL" YOURSELF WITH BRUTAL DIET OR TORTUROUS EXERCISE? NOW — YOU CAN ENJOY A LIFETIME OF SLIMNESS WITHOUT RAVENOUS HUNGER!

It means that from this day on . . . you simply start the ALL-OUT ASSAULT ON FAT by taking these medically proven CAPSULES . . . called "Thera-Thin", before eating . . . as part of this incredible "CRASH-BURN" PROGRAM . . . to help you NEUTRALIZE ALL THE CALORIES IN THE FOOD YOU EAT! You gently raise the level of your fat-burning metabolism . . . "rev up" that inner furnace . . . unlock and activate the natural chemical fat-burners nature has placed in your body . . . and BURN AWAY FAT, MELT AWAY INCHES **as you start to grow slimmer and slimmer from meal to meal!**

REMEMBER: You must see dramatic results in just 24 hours — results you can see on your scale with your own very own eyes, the very first morning . . . yes, you must

LOSE up to 6 lbs. the first 48 hours
LOSE up to 10 lbs. the first 7 days
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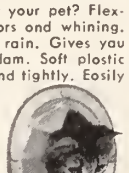

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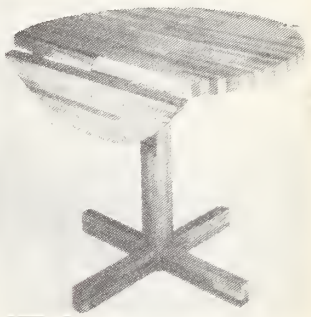

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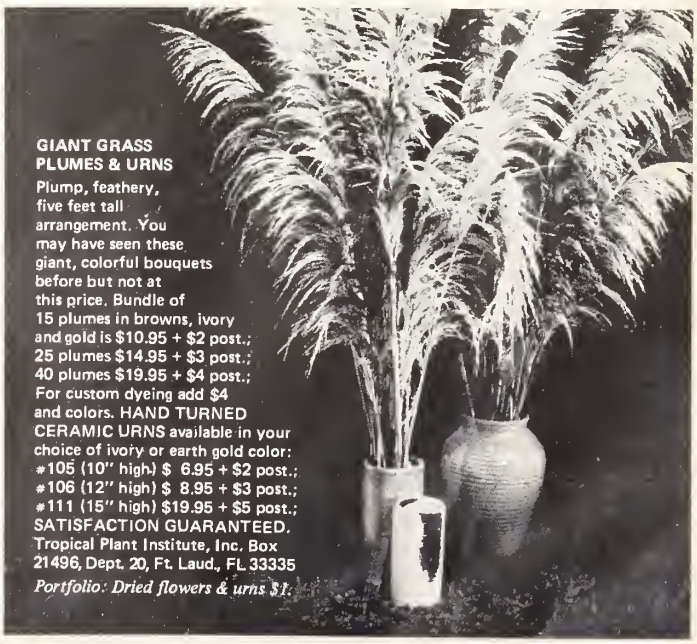

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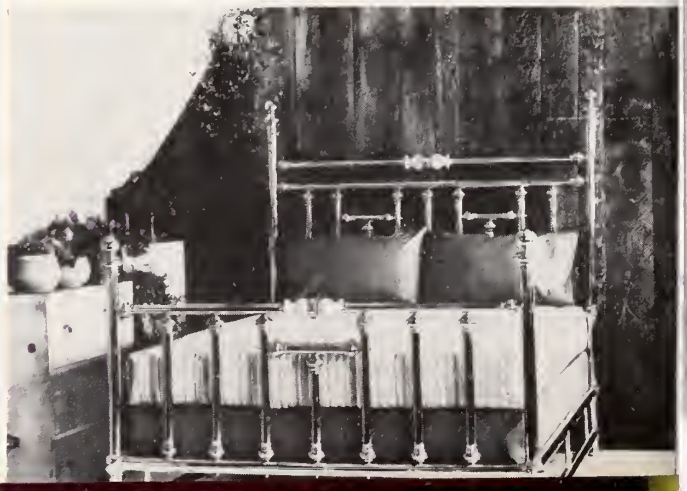

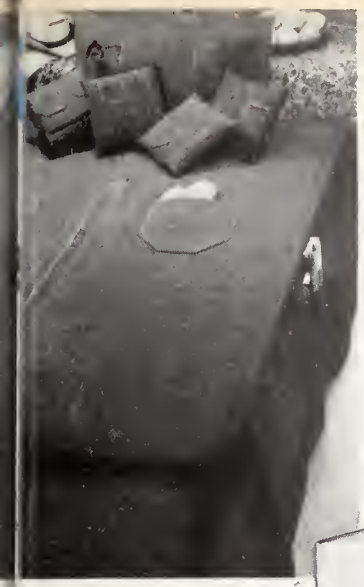

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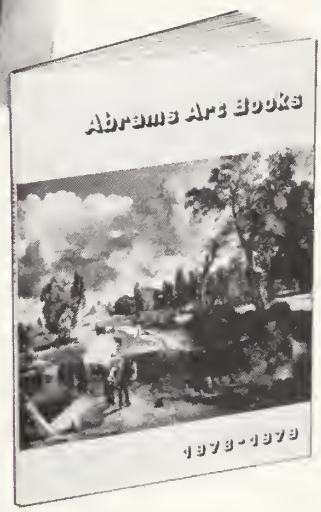

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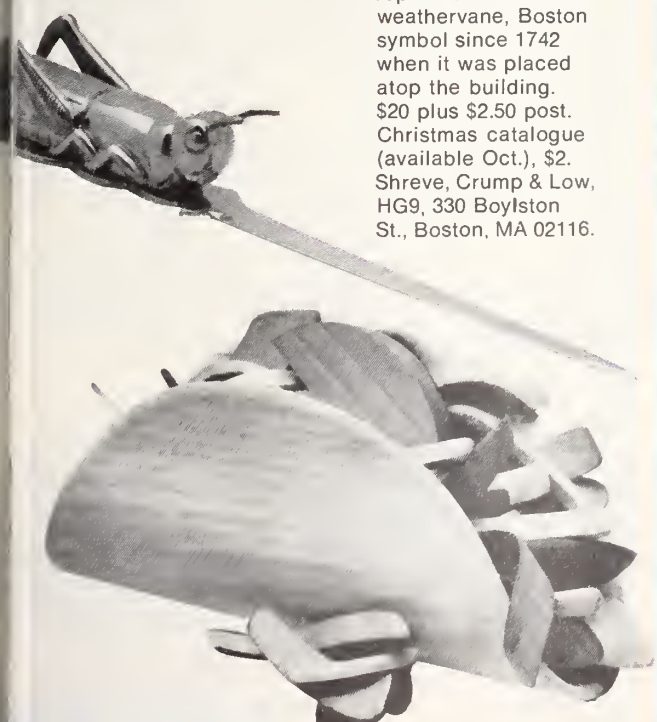

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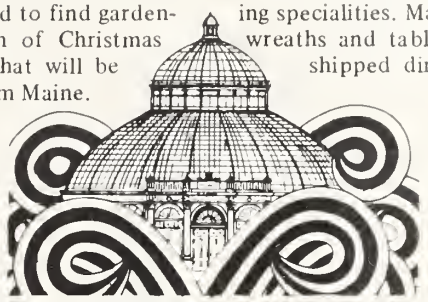

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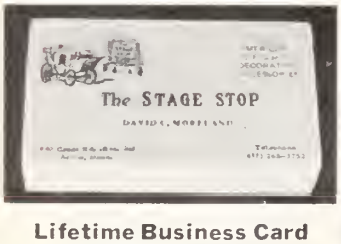

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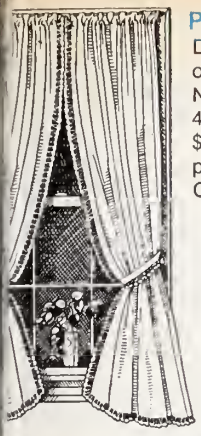

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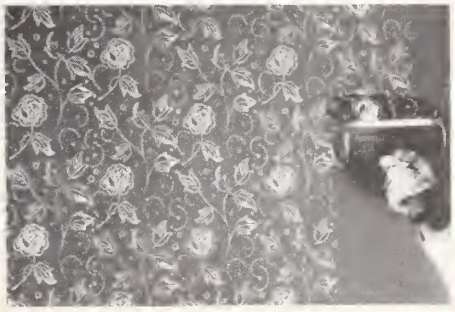

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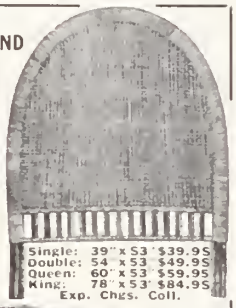

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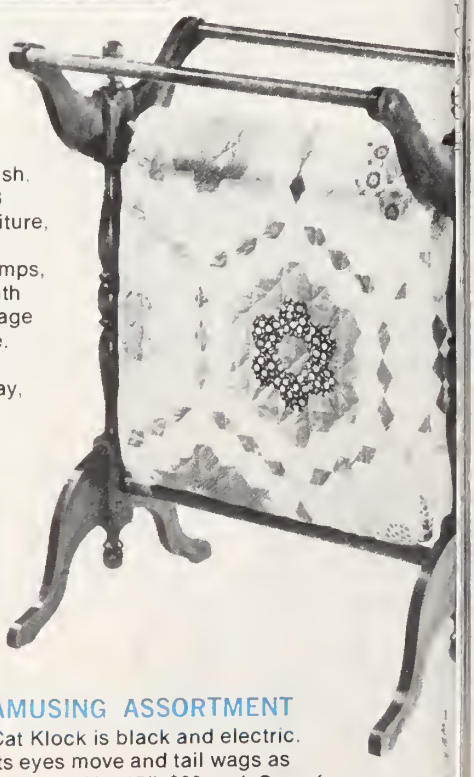

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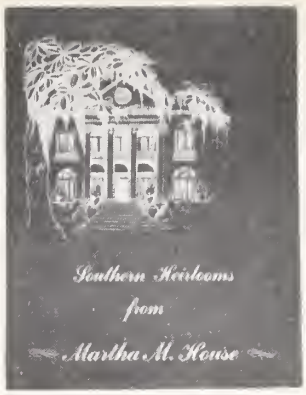

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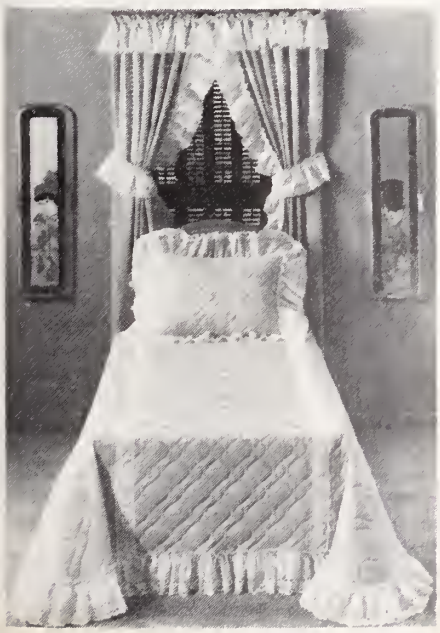

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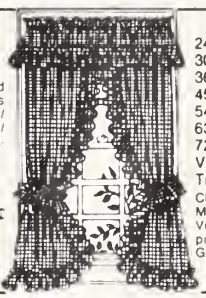

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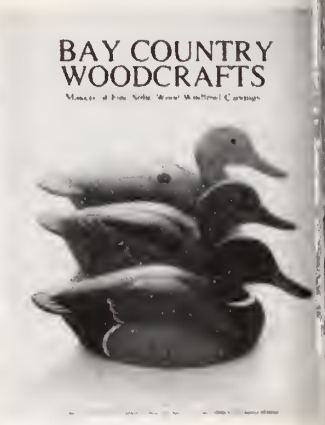

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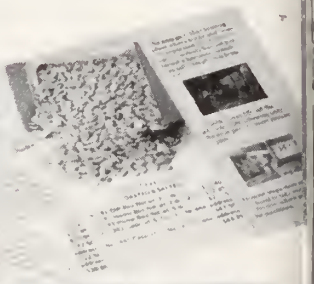

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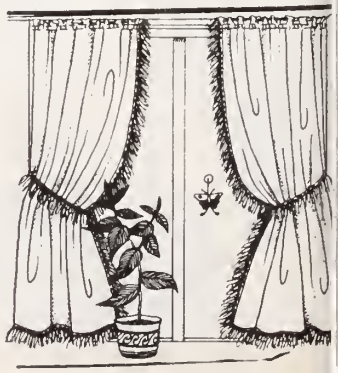

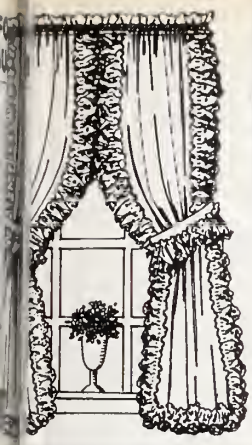

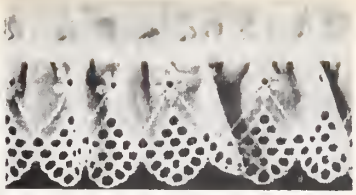

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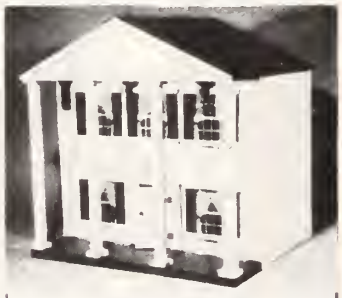

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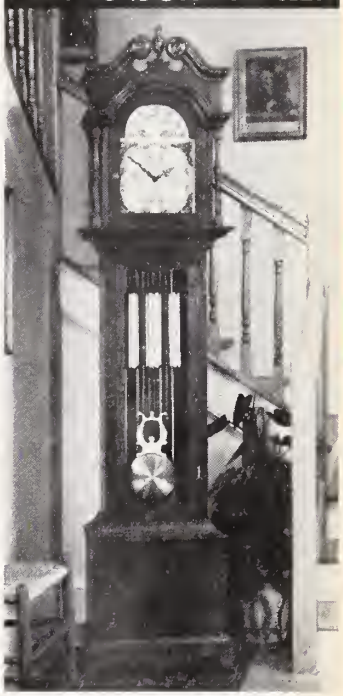

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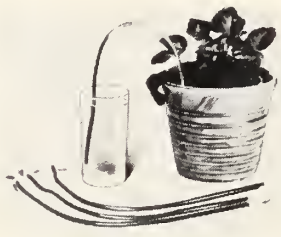

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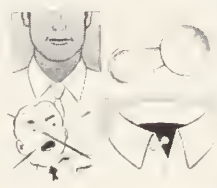

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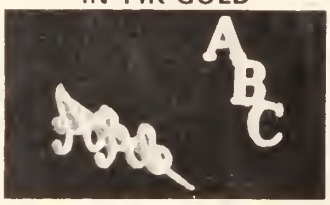

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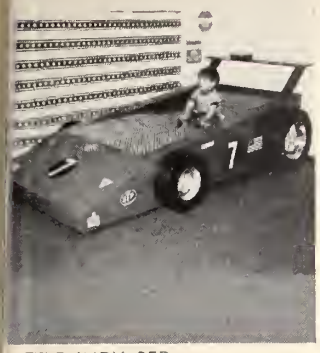

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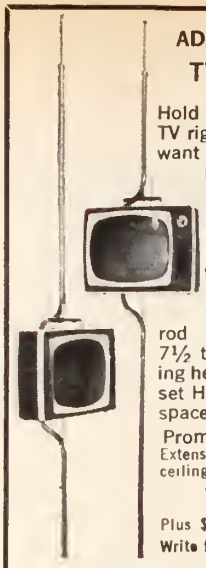

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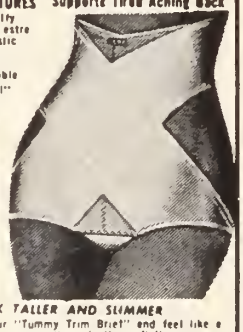

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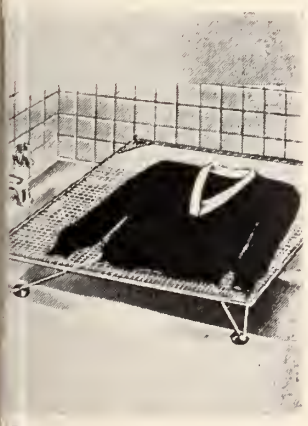

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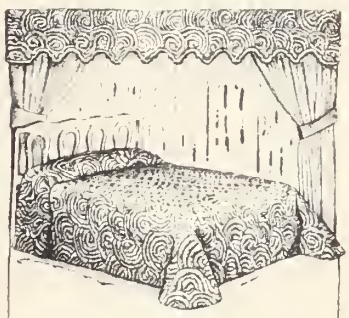

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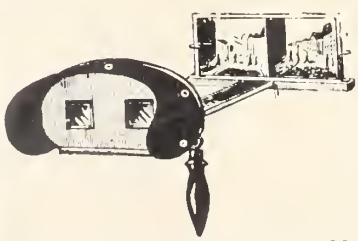

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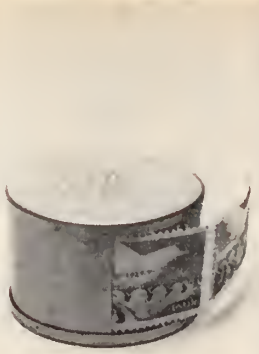

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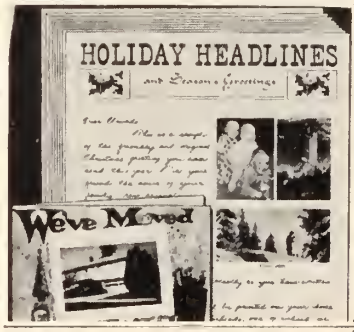

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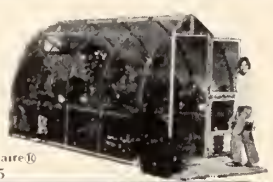

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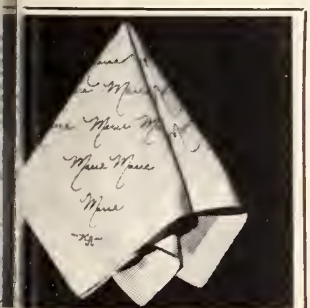

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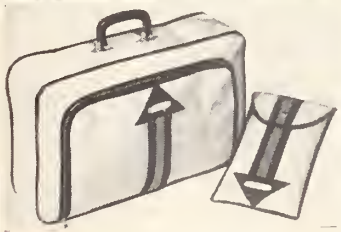

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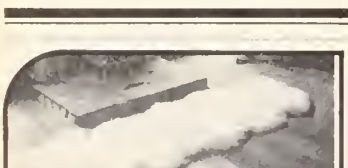

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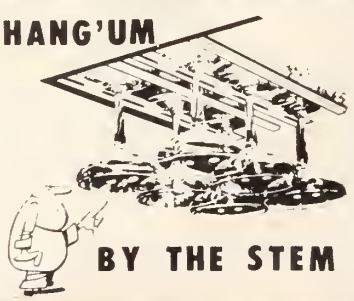

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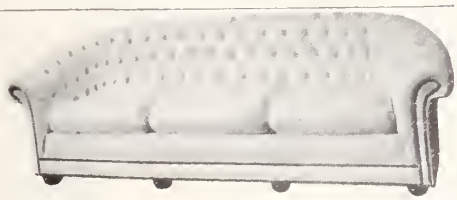

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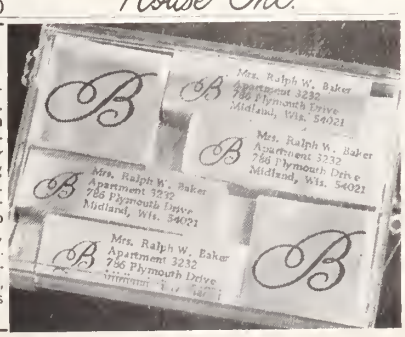

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GARDENER'S NOTES

Fall tip-offs

Plus how to grow primroses, unusual vegetables, getting plants ready for winter

Great potted primroses

The 3 kinds of primroses—botanically, *Primula*—grown by Mrs. Hannah Wister (page 140) are among the most beautiful of all pot plants. They're easy to grow from seed, too, if you give the tiny seedlings the eare they need to get started. Begin with pots of finely sifted, sterilized soil; 6- or 8-inch bulb pans are fine for this, and they should be filled to within ½ inch of the rim. Sprinkle the seed—it's very fine—on the surface of the soil and do *not* try to cover it. Set the pots in a pan or bucket of water that comes about halfway up the sides and wait for moisture to appear on top of the soil where the seed has been scattered. Let the pots drain for a few minutes, cover with pieces of window glass or wrap in clear plastic, and set in a warm, light spot out of direct sunlight. Seedlings will appear in 10 days or so, by which time the pots will need watering again. Follow the same procedure as before, but this time leave off the covering. The seedlings will need water more often with the covering removed, and at this stage of the game they can dry out and die very quickly, so repeat the watering process whenever the soil shows signs of drying out. In about a month, the seedlings will be big enough to handle, and should be dug out of the pots and planted in individual small pots or spaced 2 to 3 inches apart in flats. Now you can begin watering from the top, and applying small amounts of fertilizer at one-week intervals. They can begin getting a couple of hours of direct sunshine a day at this time, too. Keep shifting the plants to bigger pots as they grow—they're usually ready to bloom when they're big enough for 4- or 6-inch pots. Seed sown in late spring should produce flowering plants by late the following winter, just the time when they'll be most appreciated indoors. *Primula obconica* makes the biggest plants and biggest flower heads of the three kinds grown by Mrs. Wister. *P. malacoides* has taller, more graceful flower spikes. Both come in white and several shades of pink, red, and mauve. *P. kewensis* has dense flower heads of striking mustard yellow, giving a wonderful sunshiny effect in the dull days of February. To grow well, primrose seed must be absolutely fresh. Reputable seedsmen, of course, always supply fresh seed, but don't let it sit on a shelf for months before planting. Once the plan start blooming, they go on for month even years, although the best flowers a produced by young plants. White fly their most insidious enemy—follow M. Wister's method and apply Pratt's Whi fly Spray at three-week intervals to elim nate the pest whenever it appears. T following mail-order seed firms ha these 3 primroses, as well as several ou door types. Their catalogues are free:

Thompson & Morgan, Inc.,
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Corn salad and cowpea

There's enough time to start a crop salad greens to harvest before winter s in. Lettuce of all kinds will mature in t cool days ahead, and the various kin of endive and chickory will also thri But it takes corn salad to carry the sal season right up to the time your gard is buried in snow. This little-known lea vegetable is only one of 79 described *Unusual Vegetables*, by Anne Mo Halpin and the editors of *Orga Gardening and Farming* (Rodale Pre $12.95). Some of the plants on the l are not really unknown, but relative seldom grown in American garde while others are practically unheard Mrs. Halpin gives complete botani descriptions of each, with historical no and instructions for growing and usi them, both in cooking and as medicir Cowpeas, for instance, are known in t

Winter radishes—a vegetable rarity

By James Fanning

outh as blaek-eyed peas, are easy to ow anywhere, and the recipe for oppin' John will make everyone who ads it want to grow them. The book so includes sourees of seeds or plants of very vegetable described.

Nashville in October

section of the herb garden at Cheekwood.

The annual congress of the American Horticultural Soeiety has long been a eading event in the gardening year. This ear's will be the thirty-third. To give pecial emphasis to the oecasion, the 978 Congress will be held in Nashville, enn., perhaps the most up-and-coming ity east of the Mississippi. The spanking ew Opryland Hotel will be the eenter or Convention activities, and several of ne fine nearby estates—ineluding Presi- ent Andrew Jackson's Hermitage—will e visited by the group. Most notable is Cheekwood, the Tennessee Botanieal Gardens and Fine Arts Center, where a pecial reeeption for members of the Horticultural Congress will be held. Cheekwood, originally a private estate, is naintained by a small professional staff nd supported by the efforts of the Swan Ball eommittee and other enthusiastie olunteers. Convention dates are Oet. -10, and application blanks and full in- ormation about the schedule are avail- ble from Florenee Bayliss, Ameriean Hortieultural Society, Mount Vernon, Va. 22121.

Autumn blooms

The days are getting shorter, which neans that ehrysanthemums and other all-flowering plants are beginning to bloom. It also means that shrubs and evergreens are beginning to get ready for vinter by hardening up their new growth. So this is the time to stop feeding out- loor plants. Forced late-season growth s too tender to stand the rigors of win- er, and azaleas, rhododendrons, and nollies will suffer if they're given fertil- zer late in the summer. Contrariwise, nouse plants that have been spending the warm months outdoors will benefit from being fed right up to the time they move indoors. (More about this, page 30.)

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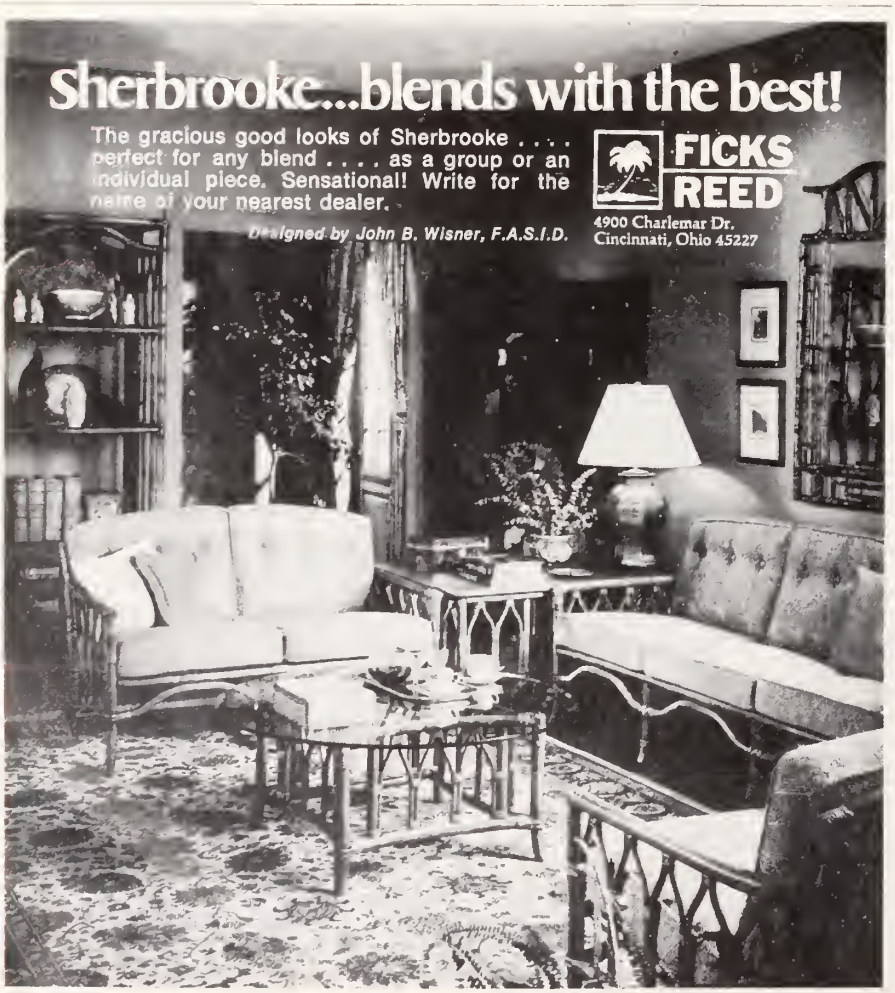

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Mexico City
continued from page 58

world of today's Mexico. Color leaps out from the embroidered blouses. How the women even have time to thread a needle is a wonder, when you see the daily chores of rural Mexico. Life-size grass huts are here, as well as exhibits showing what goes on behind the adobe walls, the religious decorations and festival accessories.

Look again at the huge monolith at the museum entrance before you leave. This is a statue of Tlaloc, God of Rain. The day Tlaloc was hauled to town a heavy downpour ended a long drought. Museum hours: 10 A.M.-2 P.M. and 4-8, Tuesday through Saturday, and on Sunday 10-6. If you want a snack, perky waitresses in Oaxaca costumes serve Mexican specialties as well as the universal club sandwich in the museum's outdoor restaurant.

The Museum of Modern Art is also in the park, but we opted for Chapultepec Castle. Carlota and Maximilian lived here in the 1860s, and from the hill you can see Mexico City softly filtered by tree tops. Carlota, they say, would sit in bed and watch Maximilian go to work, down the Paseo de la Reforma, his Champs Elysées. Special is the Malachite Room. Open 9 A.M.-6 P.M., except Tuesday.

We took a taxi for tea at "Snob," at Oscar Wilde 29-31, an old-fashioned tearoom, perfect for pausing. Not on the tourist trail, it is decorated throughout in blue and white from china to fabric walls. With your tea or cappuccino (a Mexican favorite and they do it well), order the cheese cake with sweet cream.

After you've had such a full day, the altitude of Mexico City might get to you. Remember you are 7,300 feet above sea level. The Camino Real has a marvelous free service for reviving spirits. The bell captain can bring a small oxygen mask, and after breathing deeply for 15 minutes we felt up to playing tennis on the *roof!* We watched the sun set while our tennis balls flew high. An amusing experience, a spectacular skyscape.

For your one evening, you can choose a late, leisurely dinner from an international cluster of restaurants. (If you show your tourist card, 15 percent is deducted from the bill, and you can use that for the tip.) Suggested by long-time residents, both Mexican and American, were the Hacienda de Los Morales at Vazquez de Mella 525 (try the walnut soup), Las Cazuelas, the best of Mexican food at Calle Colombia 69-A, and Belinghausen on Londres Street for grilled pompano. (Or try one of the above restaurants for lunch on your last half-day.)

We went to Estoril at Geneva 75 on the advice of a knowledgeable friend, and also because it was only a few subway stops from the Ballet Folklorico at the Bellas Artes. The dinner was splendid, especially a salmon mousse, and the ballet a glorious evening. Performances only on Wednesday and Sunday, so book early.

Another choice, and an important one but we had seen it before, is the light-and-sound performance at the Teotihuacan Pyramids, 35 miles north. Your hotel can arrange tickets.

For shopping your last morning—two government stores, actually beautifully recycled colonial buildings, have done it all for you, handcrafts from all over Mexico. They are the National Museum of Popular Arts, Juarez 44, and Mexican Government Tourist Departments, Juarez 92. I came home with a miniature cupboard shelved with tiny ceramics and glass for $4, and a hand-carved lion, same price. For more sophisticated crafts of silver and weaving, a friend took me to Dupuis, Fuentes 180-B, Jardines del Pedregal. What I left behind and still covet was a big snail shell of silver, curved and fluted, for flowers or cooling champagne.

How-to-get-there

Mexico City is one city that's fairly easy to get to. The following airlines offer service: Acromexico—daily nonstop flights from New York, Houston, L.A., Miami, and Montreal, Canada; Pan Am—daily nonstop from Houston; American—daily nonstop from Chicago and Dallas/Ft. Worth; Eastern—daily nonstop from New York, twice daily from Atlanta; and Mexicana—daily nonstop from Miami, Chicago, Kansas City, St. Louis, and Denver.

Remember: You will need a valid tourist card to enter Mexico. Get one free from the airlines or your travel agent. Proof of citizenship required. ■

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Protect the human and environmental quality of your community by joining the National Trust for Historic Preservation. Historic preservation means more than saving old houses. Write: National Trust for Historic Preservation, Department 0606, 740 Jackson Place, NW, Washington, DC 20006.

News
continued from page 54

are under an hour's flight from Orly. You can lunch in the south of France, dine in Lyon, sleep at the Hilton. Air Inter offers this France Pass for a week, $124, or 2 weeks, $189. It allows unlimited air travel and also entitles you to a special room rate at the Orly Hilton—$37 single, $46 double. The concierge at the Hilton can make car rental arrangements and restaurant reservations all over France. Both France Pass and Hilton room rates available through October 31. Call your travel agent.

Everybody—children, teens, adults—seems to enjoy amusement parks and fairs. Tim Onosko's *Fun Land USA* tells all about 100 of these parks in 35 states. He lists ticket prices, the best day of the week to go, bathroom locations, the rules about pets and picnics, restaurants, and where to stay overnight nearby. Ballantine Books, 201 East 50 Street, New York, N.Y. 10022, $5.95.

On the road from Phoenix to the Grand Canyon is a museum that's worth a whole trip in itself. Flagstaff's Museum of Northern Arizona is one of the best places to find out all you wanted to know about Southwest geology, about local Hopi and Navajo history and crafts, and about the rich fossil finds in northern Arizona. Look for a dinosaur display, a room of Navajo blankets, a replica of a Hopi kiva (ceremonial room), a collection of Hopi kachinas. The gift shop sells good Indian antiques, authenticated by the museum's staff. There are several restaurants nearby: Cheese Aplenty for picnic ingredients; the Spaghetti Station for Italian-Western specialties; the Bohemian Restaurant, where everything is cooked from scratch daily.

Many people drive on to the Grand Canyon on their own, but one of the nicest ways to go there is on a trip organized by the MNA. Write the museum, Route 4, Box 720, Flagstaff, Ariz. 86001, for information on the museum's specially guided tours of the Canyon. The museum also organizes 2- and 3-day camping hikes on various weekends throughout the year. Spectacular geology and Indian ruins are the come-on. In October and November, there are trips to Verde Valley, Havasu Canyon and Canyon de Chelly. From October 6-14, there's a photographic field trip to four places famous for Anasazi Indian ruins. (The Anasazis are the ancestors of the Navajo and the Hopi.) Reserve by September 15, $325. For further information about museum expeditions write Richard McCallum, Route 4, Box 755, Flagstaff, Ariz. 86001.—N.R. ■

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OCT. 91
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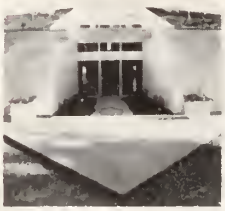
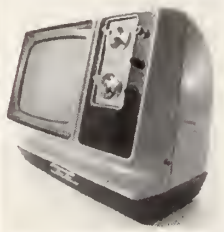
OCTOBER 1978

Space-stretching, page 124

Quilts as graphics, page 142



Enlightened house, page 160



Electronics news, page 146

Art with flowers, page 150

Chocolate power, page 172

DECORATING, ARCHITECTURE, BUILDING

42 Energy update: Low tech building. By Jim Morgan
54 Thinking machines for every room
72 The woodstove comes back. By Amy Semmes
96 Home improvement ideas for the house fixer
103 Decorating—for the way you live
110 Idea booklets
116 Decorate it yourself: On the light track
By Stephen and Mary Cole
124 Decorating for small-space living
134 How to live with the arts you love
138 Living with art: The impact of books, paintings, sculpture in a modern environment
142 Living with art: The graphic color of quilts in an all-white room
144 Living with art: The drama of collectors' furniture in a city apartment
146 Lively arts at home: The newest electronics
150 Flowers as art—nature made
154 Walk-in watercolors
156 Pull-apart/push-around furniture
160 Living with light—a terrific family house designed to catch the sun

CRAFTS

150 Flowers as art—nature made

ANTIQUES

22 Questions & answers: Antiques. By Louise Ade Boger

FEATURES

10 Living. Edited by Paula Rice Jackson
34 Money matters. By Paul Gross
60 Auto suggestions. By Richard and Jean Taylor
123 Decorating to please yourself (*Editorial*)
148 The art explosion comes home. By Barth David Schwartz
158 Does an only child have more fun? By Veronica McNiff

WINE & FOOD

166 Meal in minutes
169 Pick a perfect pear
170 Food for talk: Conversation starters
172 Chocolate power
176 New tastes in American wine. By Doris Tobias and M. David Levin

GARDENING

69 Plants around the house. By Richard Langer
246 Gardener's notes. By James Fanning

BEAUTY AND HEALTH

26 Good looks & good health: Update on water. By Caroline Seebohm
38 Health/psychology/sex. By Dr. Mary Catherine Tyson

TRAVEL

84 Going places, finding things. Edited by Nancy Richardson
Spa-life at sea: a personal report. By Mary McFadden;
Cruising—a dream vacation for the whole family.
By Lorna Caine; 17 super cruises for '78-'79

READER'S SERVICE

49 Dear House & Garden. By Margaret Morse
192 Shopping information
197 Catalogue checkpoint
198 Shopping around with Audrey Nichols
248 Best in booklets

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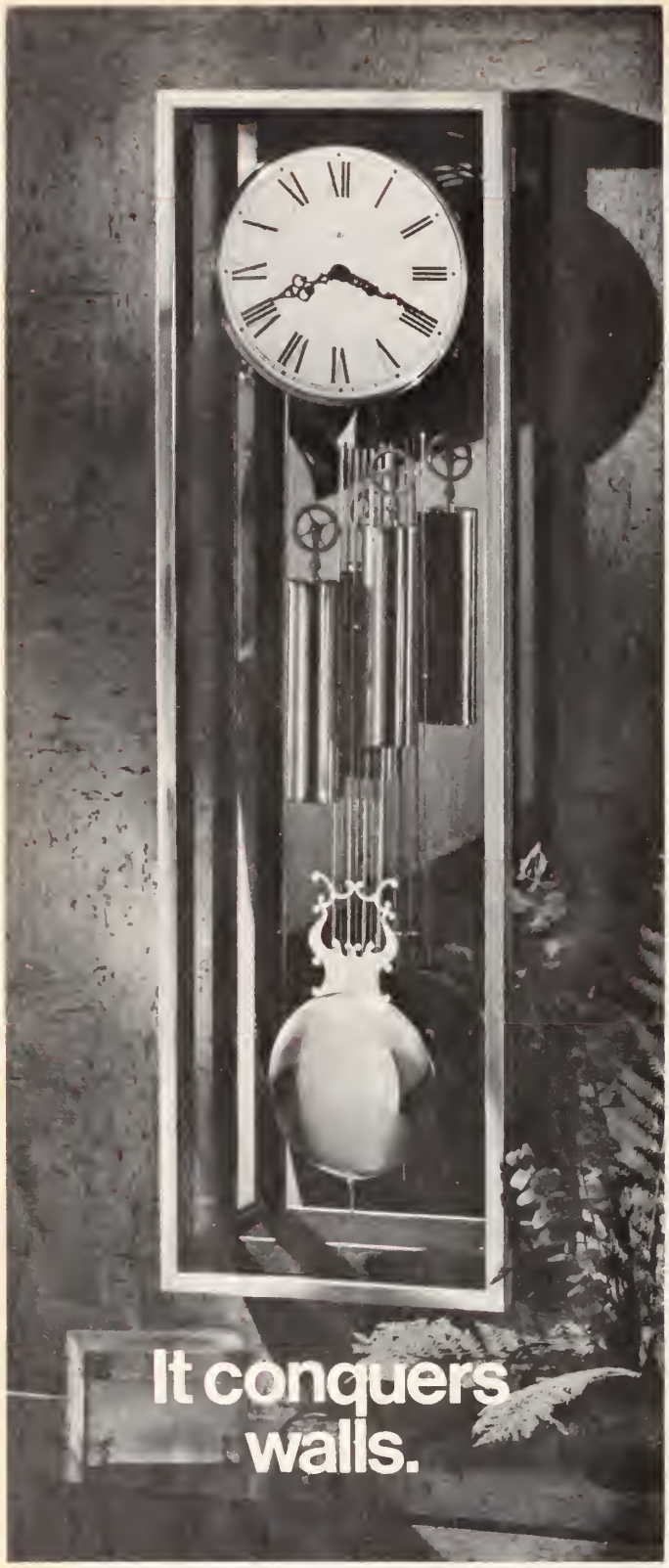

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On the cover: An upbeat young bedroom full of pretty ideas. Big bright squares handpainted on the floor give it scale and surprise; rattan tables, a cane-framed mirror, and a basketful of firewood bring a breath of country in. "Water Flower" sheet colors bloom again in botanical plates; streaks of ribbon on the curtains, and lots of zinnias. A secret: The fireplace is hand-spackled with a sponge to make trompe l'oeil tile framed by the white wooden mantel. Room design by William Hodgins of Boston. Bed by Namaco industries; sheets by Jay Yang for Wamsutta. "Opera Green" paint by Sherwin-Williams. Painting by David Salomon. Shopping information, page 19

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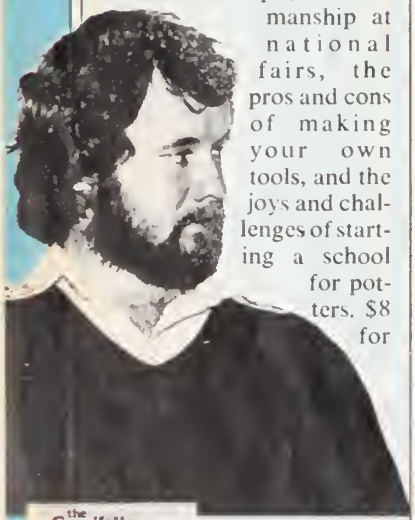
ORIGINALS IN STERLING, CHINA, CRYSTAL AND PEWTER

This month: Julia Child is back and cooking for company; bargain-hunting by computer; precious minerals in your diet; Christo's "wrap" in Kansas City

LIVING

Good news about crafts

Professional craftsmen and impassioned collectors need up-to-date information about their field just like any executive, researcher, or artist. The closest thing to a national crafts calendar/publication available to the public is a newspaper called the *Goodfellow Review of Crafts*. Published six times a year, with a book produced every other fall, *The Goodfellow Catalogue of Wonderful Things*, the paper offers a nationwide view of what's happening across the country from fairs and exhibits to book reviews and classified ads for craftsmen. Articles in the May-April 1978 issue featured subjects such as tax laws and studio workshops, showmanship at national fairs, the pros and cons of making your own tools, and the joys and challenges of starting a school for potters. $8 for six issues each year. Christopher Weills, *left*, says that *The Goodfellow Catalogue* grew out of a need to make a permanent reference book. Write The Goodfellow Catalogue, Box 4520, Berkeley, Calif. 94704.



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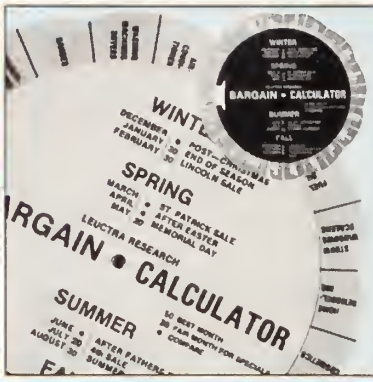

Inflation fighter

Everybody loves a sale. The fact that sales occur at regular intervals inspired a marketing research company called Leuctra to do a two-year study into the discount patterns of some 42 retail industries. The result is this handy, 5½-inch "Bargain Calculator." It is designed to help you determine when the best time is to buy things, and the discounts you can profit from —18 to 60 percent. "Successful bargain hunting," says Marcella Somerville, president of Leuctra, "is a matter of knowing how to buy." $2.98 ppd. Leuctra Research, Box 252, Addison, Ill. 60101.

GARDEN ART

Thyme time

Thyme is one of those splendid all-purpose herbs. Once the symbol of bravery, used as incense and a disinfectant as well as in the culinary arts, today it is relegated primarily to occasional service as a flavoring for stuffing. Used sparingly in broths, chowders, pork or lamb dishes, particularly roasts thereof, it adds a deep, earthy note to the gustatory ensemble of a dish.

There are several varieties of thyme. Grown for the table, *Thymus serphyllum* is a creeping species that makes a naturally fragrant ground-covering on sunny, gravelly slopes in the northeastern part of the country. It can be sprawly indoors when grown as a pot plant, but then, sometimes it's not. If you know someone who has an unusually full pot of thyme, ask for a cutting. Or try growing it in a hanging basket where its creeping habit can at least be put to good visual use.

Thymus vulgaris, from a somewhat more southerly habitat, grows shrub-like, does well in a sunny window. It likes rather lean soil with a touch of lime, maximum sunshine, good pot drainage and temperatures on the cool side.

RICHARD LANGER

SHEILA CAMERA

Doing it by the book

This fall, Public Broadcasting stations across the country will again be featuring famed chef and author Julia Child. Shortly after her new show goes on the air, her new cookbook, *Julia Child & Company*, will be in the bookstores. It contains the menus and recipes she'll be demonstrating on her show. The cookbook concentrates primarily on menus for entertaining: a dinner party, a birthday party, a buffet, a picnic, and a cocktail party describe some of the subjects of the 13-part show. The book also includes marketing lists and suggestions for equipment for doing big jobs. Oct. 7; book $15 cloth; $8.95 paperback (Knopf).

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Flower Dream ic by Barbara Brody Actual size.

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MARTEX

If you took a bouquet of beautiful flowers and casually scattered them on the ground, they'd still look beautiful. It's almost as if Nature can do no wrong.

But it's different with fabric.

Here, we place our flowers on a pure white ground carefully. Deliberately. And that's why it looks as if...well, as if it just happened.

Sheets and pillowcases in 50% Dacron® polyester/50% cotton. Also comforters, towels, shower curtains and accessories.

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West Point Pepperell

MARTEX® WE DESIGN FABRICS THAT HAPPEN TO BE SHEETS.

LIVING

HEALTH

Nutrition news

A new listing of the RDA, the Recommended Dietary Allowances, is due to be published by the Food and Nutrition Board of the National Research Council next spring and a quick preview reveals an entry of six trace minerals that the board has determined should be included in your diet. They are:

Selenium—found in most foods;

Chromium—whole grains, brewer's yeast;

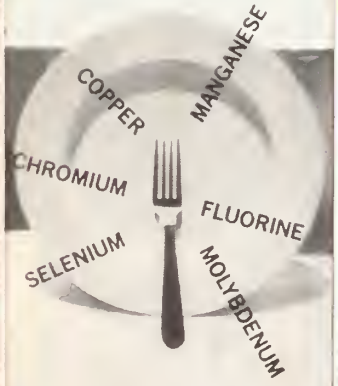
Copper—nuts, shellfish;

Manganese—nuts, whole grains, fruits, vegetables;

Fluorine—water, tea;

Molybdenum—most foods.

"Research has confirmed that these six minerals are essential nutrients," says the Board's Executive Secretary Dr. Myrtle L. Brown.



MARK COHEN

Picture parade

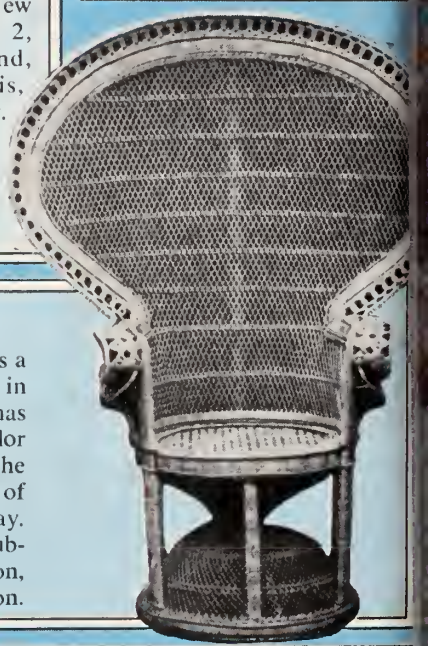
What's in a work of art? An artist's vision reflected in his creation? Or, the "real world" which we explore through art? The question intrigues John Szarkowski, head of the Department of Photography at New York's Museum of Modern Art. He's confronting this issue in an exhibit called "Mirrors and Windows: American Photography since 1960." Szarkowski has brought together the work of more than 200 contemporary photographers such as Diane Arbus, Ed Ruscha, Elliott Erwitt. The show is funded by grants from Philip Morris and the National Endowment for the Arts. It will be in New York through October 2, then travel: Cleveland, Nov. 13; Minneapolis, Jan. 29; Louisville, Apr. 1, S.F., May 29; Champaign, Aug. 19; Richmond, Nov. 22; Milwaukee, Jan. 10, '80.

Small is delicious

If your mind draws a blank when faced with a wall filled with wines, here's help—pocket-size. *Hugh Johnson's Pocket Encyclopedia of Wine* is a plastic-covered 8-by-3¾-inch gem which, in the author's words, "is an exercise in crowding angels on the head of a pin." Everything's here to help you choose the right wine. Wines from France, Germany, Italy, Spain, Portugal, Switzerland, Greece, Yugoslavia, California are ranked, evaluated in terms of taste, color, and value. Includes estate, shipper. $3.95. A Fireside Book, Simon and Schuster.

Whence wicker?

Everything you always wanted to know about wicker but didn't know who to ask . . . is the topic of a new book by Patricia Corbin called *All About Wicker*. She's even included a history of wicker furniture. For example, did you know that the oldest known piece of wicker is a Syrian hassock woven in 2600 B.C.? Ms. Corbin has also included many color illustrations of what she considers to be good use of wicker in decorating today. *All About Wicker*, published by E.P. Dutton, $8.95, at bookstores soon.



WOLFGANG VOLZ

PEOPLE

The situation's under wraps

A "yellow brick road" will soon be built in Kansas City, but it's purely coincidental that the creator/artist has just seen *The Wizard of Oz*. Christo, the Bulgarian-born artist with a flair for wrapping, has just received permission to wrap the walkways in the Jacob L. Loose Park with 112,200 square feet of yellow nylon fabric.

He plans to get the work done in four days, starting October 2. The project will remain underfoot until October 17, when the fabric will be taken up and donated to the Parks Department. The park, of course, will remain open to the public the entire time. The Nelson Gallery/Atkins Museum, collaborator on the project, will be exhibiting the related drawings and sketches while the park is wrapped, and will also publish a book about it.

Most people remember Christo for his 1976 construction, "Running Fence," a nylon fence that extended 24½ miles through farmlands in northern California. That project has been captured in *Christo: Running Fence*, to be published by Harry Abrams this spring. It's being printed in a limited edition, each signed by the artist. 694 pages, $150.

CLAIRE SCHOEN

"B & H,
I like your style."

Benson & Hedges 100's

17 mg "tar," 1.1 mg nicotine av. per cigarette, FTC Report May '78.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health

Look what's happened to attached pad carpeting!

It s in the living room right underneath your Queen Anne chair, or your antique love seat

Once, the only place you wanted attached pad carpeting was in the basement Or in the kitchen But that was before VORACEL* Brand Urethane Backing

Now you can have all the luxury of high-style, high-quality carpeting with the incredible benefits of urethane attached padding For any room in your house

VORACEL is a new, innovative concept in carpet padding A concept that has revolutionized attached pad carpeting. And it s created by Dow The urethane experts.

Unlike traditional rubber or foam, the carpet fibers are tuft-locked right into the urethane padding. Not just glued on.

Carpet with VORACEL attached padding stands up to all kinds of wear – that other types of attached pads can't. Like kids. Furniture Heavy traffic

You get all the comfort a luxury carpet affords With excellent resiliency and durability

And VORACEL attached padding is moisture resistant. It won t absorb spills And it won't mold, mildew or smell. A great advantage over rubber or foam

It won't shrink – no matter how often it s cleaned

And so easy to install you can even do it yourself!

VORACEL* Brand Urethane Backing. It's the best thing that's happened to carpeting

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VORACEL* Created by Dow

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DOW

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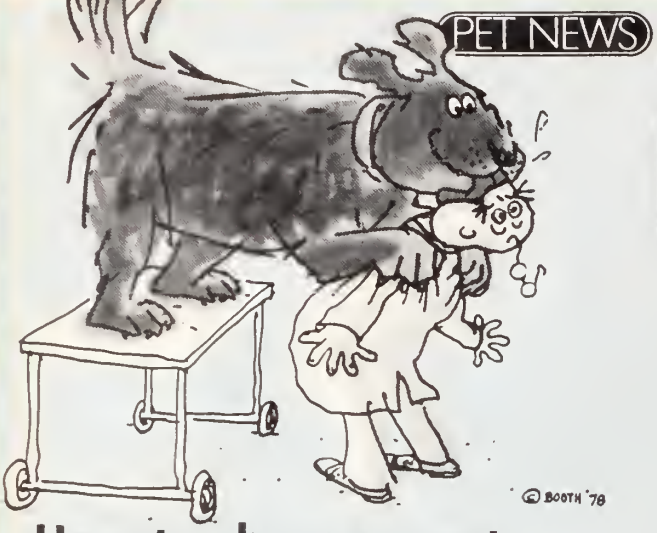
Maybe you're one of the growing school of "transitionalists" in the world today. Bored by traditional, but equally turned off by cold, clinical modern. Our "Chevy Chase" tables are your kind of design. Warm, understated contemporary elegance. Includes cocktail, end, commode and console tables, all crafted to Lane's high quality standard and realistically priced. For folders, send $1.00 to The Lane Co., Inc., Dept. O110, Altavista, VA 24517.
Remember Graduation?
For your "Chevy Chase" dealer phone free (except Alaska and Hawaii): 800-243-6000. In Conn., 1-800-882-6500.

LIVING

PET NEWS



How to choose a vet

He may be a kindly old-timer with forty years of practice behind him or a young hotshot just out of residency from the best animal hospital in the East—what matters most for the routine care of your pet is the vet's personality. A calm, patient manner and real rapport with animals are what to look for. He should be able to examine the animal so gently that your pet will hardly know that it has been handled.

Hygiene is also important. There should be no overpowering smell in the clinic. If your pet has to stay overnight, always insist on seeing the cages—a look behind the scenes can tell you a lot.

If your state has a veterinary college—there are only 23 in the U.S.—that's probably where you'll find a good clinic. Recent vet-school graduates have usually majored in large or small animal medicine and they may even have a specialty—orthopedics, cardiology, ophthalmology, and the like. Others may specialize in one kind of animal—horses, cats, dogs. Use the grapevine of your friends' advice about who's good. More information can be obtained from your local veterinary medical society or the American Veterinary Medical Assoc., 930 N. Meacham Rd., Schaumburg, Ill. 60196.

PATRICIA CURTIS

Storage made simple

No matter what you think your storage problems are, "The Closet People" say they can solve them. Using modular storage units, they say you can double, triple, or just plain organize any space you have. A typical unit can make a 5-foot-long closet yield 72 inches of hanging space and 216 square inches of shelving.

"Clothing stays in better condition when stored properly, and the ease with which you can find things simplifies life," says Michael Schachel, the interior designer who developed the components. Write The Closet People, 2734 S.W. 28th Lane, Miami, Fla. 33133.

Photographic memory

A great book for those interested in photography, women's history, and how to suceed when you're really trying—*Jessie Tarbox Beals: First Woman News Photographer,* by Alexander Alland, Sr. Starting with a tin box-camera that she won in 1888, she rose to the height of her profession and was the first professional woman news photographer in the world. Her landscapes led her to assignments for House & Garden and she made important contributions to the art of photography, with studies of Mark Twain and Louis Tiffany. The book is rich with examples in a style that is warm and direct. Published Oct. 15, Camera/Graphics; $25.

DEPARTURE POINTS

A Visit to the Yorkshire moors

The Yorkshire moors, about 200 miles north of London and made famous by Emily Bronte's *Wuthering Heights,* have more to offer than memories of Heathcliff. You can go there for an overnight stay that's beautiful, healthful, and a pleasure for the palate. The village of Ilkley, nestling beneath the moors, boasts the only 2-star Michelin-rated restaurant outside of London. Called The Box Tree, it's run by Malcolm Reid and Colin Long, who are avid collectors of antiques, Victoriana, and French Empire porcelain, which fill the rooms of the converted cottage where you dine. The food is Bocuse-style—"the epitome of fine cuisine is a good sauce," say the owners, who visit France every year for new ideas. Their specialties are *Noisette d'Agneau* and *terrine de poisson*—their soups are outstanding, too. After your meal (about $60 for two with wine), stay the night at The Cow and Calf, a charming and inexpensive hotel (about $36 double occupancy) overlooking the moors, Ilkley, and the valley beyond. Wake up to the baaing of sheep outside your window and some bracing air. A brisk walk on the moors before a hearty English breakfast will send you on your way, but before departing, visit Bolton Abbey, a 12th-century abbey about a half-hour from Ilkley.

CAROLINE SEEBOHM

THE SEAGRAM'S GIN MIDNIGHT MARTINI.

Add a black olive to your martini made with Seagram's Extra Dry Gin, the real secret behind the perfect martini. And remember, enjoy our quality in moderation.

Seagram's Extra Dry. The Perfect Martini Gin. Perfect all ways.

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The Thermador CMT-20 Micro Thermal Cooking System.
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The Royal Dutch Horticultural Society invites you to acquire

The Flowers of Holland Thimble Collection

For just $9.75 each—twelve exquisite collector's thimbles in fine porcelain, hand-decorated in 24 karat gold, portraying the best-loved flowers of The Netherlands.

Strictly limited edition.
Subscription deadline: October 31, 1978.

The flowers of Holland are admired the world over for their color, beauty and vigor. And, through the centuries, the great Dutch painters have created some of the loveliest of all floral art.

In this tradition, The Royal Dutch Horticultural Society has authorized from Franklin Porcelain, Amsterdam, a unique new series—*The Flowers of Holland Thimble Collection*—twelve collector's thimbles of fine porcelain, created by the internationally renowned artist Ronald Van Ruyckevelt.

The beauty of flowers—in fine porcelain

Each thimble is small enough to cradle in the palm of your hand. And yet even the tiniest, most delicate features of the flowers portrayed are captured in the living colors of nature. The botanical name of each flower—in elegant script—will be incorporated into the design. The finishing touch will be a 24 karat gold border—skillfully applied by hand. This extraordinary collection thus represents a veritable gallery of flower art in miniature—still further enhanced by the delicate translucency of fine porcelain.

Yours to arrange as you like

Merely to touch one of these graceful thimbles is to sense with subtle pleasure the rich smoothness of finely-glazed porcelain. To examine one with a careful eye is to see the familiar thimble transformed into an object of true beauty. As a subscriber to *The Flowers of Holland Thimble Collection*, you will be able to set out the thimbles one by one (or in small groups) on an occasional table, in a china cabinet—or in the special display frame provided—where you may enjoy their charm to the full.

Timeless loveliness in limited edition

These beautiful thimbles are available *only* as a collection—and *only* in limited edition. Each subscriber will receive a Certificate of Authenticity, attesting to the edition limits, and an informative folder on the flowers portrayed.

The Flowers of Holland Thimble Collection is available exclusively through Franklin Porcelain. The price of each thimble will be just $9.75. The thimbles will be issued at the rate of one per month, beginning in December.

The application below must be postmarked no later than October 31st to be eligible. When all eligible orders have been filled, no more of these beautiful thimbles will ever be created. So the number of collections in existence will never exceed the number of valid applications received postmarked by the official closing date.

This elegant wall frame will be provided to every subscriber.

© 1978 FP

SUBSCRIPTION APPLICATION

The Flowers of Holland Thimble Collection

Valid only until October 31, 1978
Limit: One collection per subscriber

Franklin Porcelain
Franklin Center, Pennsylvania 19091

I wish to enter my subscription for *The Flowers of Holland Thimble Collection*, consisting of twelve fine porcelain thimbles, hand-decorated in 24 karat gold. My thimbles will be sent to me at the rate of one per month, beginning in December, at the issue price of $9.75* per thimble. A special wall frame will also be sent to me, without additional charge.

I prefer to pay as follows: **Plus my state sales tax*

☐ DIRECTLY. Bill me prior to shipment for the full price of the first thimble. I agree to pay the same amount for each subsequent thimble when it is ready to be sent to me.

☐ BY CREDIT CARD. Bill me after shipment of each thimble by charging its full price to my credit card.
( ) Master Charge ( ) Diners Club
( ) BankAmericard/VISA

Account No. _____

Expiration date _____

Signature _____
ALL APPLICATIONS ARE SUBJECT TO ACCEPTANCE

Mr. Mrs. Miss _____
PLEASE PRINT CLEARLY

Address _____

City, State, Zip _____

54

N-M always stirs up something special at Christmas. Sample our formula for easy shopping by mail with the Neiman-Marcus Christmas Book of great gifts. For your 1978 copy, send 2.00 plus name and address for each book to: Neiman-Marcus, Dept. 26, P.O. Box 2968, Dallas, Texas 75221.

Neiman-Marcus

$125. Major credit cards accepted.

Pick One

Shaped entirely by hand from molten glass, this apple is flawless. Flawless in its clarity, its purity, its unadorned simplicity. For these reasons, the Steuben apple remains a perennial favorite. To give or to own. Our apple, designed by Angus McDougall, is 4 inches in height. Like all Steuben glass, it bears the Steuben signature. Pick one today.

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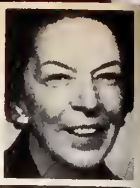
Suite 1050
Fifth Avenue at 56th Street
New York, N.Y. 10022 • (212) 752-1441

By Louise Ade Boger



ANTIQUES
QUESTIONS & ANSWERS

Baltimore pottery

My grandmother's bowl has this mark on it. Can you identify it?
F.M.S.—Mount Holly, N.C.

Your mark—a double crescent with the monogram D.F.H.—was used at the Chesapeake Pottery of Baltimore from about 1882 to 1887, when it operated under the firm name of D.F. Haynes & Co. Clifton ware was enriched with underglaze decorations and relief work.

English wardrobe

Some time ago I bought this wardrobe which has the name "Harrop" on it. I can't find out much about this manufacturer. Can you help me?
P.M.T.—Anchorage, Alaska

The family retailing furniture business of John Harrop Ltd. was founded in 1874 in the Manchester area and is still active. Your hall wardrobe was probably made by a small family firm called Ellisons of Manchester and is about 40 to 45 years old.

Staffordshire coffee set

I would like some information about the maker of my coffee set, and are you able to date it for me?
H.F.—Woodbridge, N.J.

Your mark was used by the Staffordshire potters Powell & Bishop, working 1876-1878, and also by their successors Powell, Bishop & Stonier, 1878-1891, and Bishop & Stonier, 1891-1939. According to the registration number, the form of your set was registered by Powell, Bishop & Stonier at the British Patent Office in 1886, but the mark includes the country of origin, England, which indicates that it was not made before 1891. Presumably the maker was Bishop & Stonier.

Celery stand

We bought this unusual object at an antique shop, but we haven't the slightest idea what it was used for. Can you enlighten us and also, if possible, tell me the maker and when it was made?
T.C.—Baton Rouge, La.

It is a celery stand and was made by Rogers & Brother, established at Waterbury, Conn., in 1858. It is a pleasing and probably early example of its class. Special containers for celery appeared in the catalogues of the plated silver manufacturers in the 1860s and by the 1880s the number of types presented had increased considerably. They were less important in the 1890s and by 1900 very few were shown.

Queen Anne chair

Is my chair English or American, and how old is it?
M.D.—East Hampton, N.Y.

Your Queen Anne splat-back chair with vase-shaped splat and cabriole legs terminating in ball and claw feet was made in England, probably around 1715-1725. This chair introduced a new concept of comfort in English chair design and was one of the most graceful chairs ever made.

Continued on page 24

CHARLOTTE WILLIAMS

"The high ceilings and arches in this Spanish-style El Paso home were such a strong statement, I tried to keep my design simple. As a nice contrast to all those straight lines, I chose a grouping that's soft and voluptuous. Some of the pieces are a bit formal, but together it all works to provide exactly what I was after: that casual, comfortable Southwestern feeling of informality."

We are pleased that Mrs. Williams, A.S.I.D. and President of Charlotte's, Inc., chose Century Furniture—the sofa, covered in a handmade Indian crewel, suede bergere, and the upholstered Parsons' style benches. If you would like to see more Century furniture in beautiful homes throughout America, send for our booklet. Enclose $1 with name and address to: Century Furniture Co., P.O. Box 3427, Dept. G-4, Hickory, N.C. 28601.

CENTURY® Furniture of Distinction

ANTIQUES

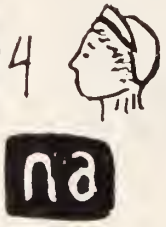
continued from page 22

Victorian flat-back figure

My figurine is marked "Sampson Smith" on the bottom. It also says "No. 9 Squire's Daughter. Made in England." What can you tell me about it?

M.T.—Mt. Vernon, N.Y.

Your figure belongs to the most popular variety of Victorian pottery figures generally called flat-back, because the figure was designed to be seen only from one side and was flatly formed with little modeling or color on the rear surface. This simplest, and thus cheapest, type of figure was designed entirely as a chimney piece ornament and its effect was essentially two-dimensional. Flat-back figures are closely associated with the Staffordshire potter Sampson Smith, working at Longton, 1846 to his death in 1878. Sampson Smith Ltd. was continued by various owners until 1963. Your figure, which was made from an old press mold after 1890, could be of quite recent manufacture.



Russian wine set

Have you any information about the background of my miniature wine set? The bottle is only 6 inches tall.

M.N.B.—Sayville, N.Y.

According to the mark, your miniature wine set was made in Russia after 1897 and before the Revolution. The 84 is the purity mark (84 per 100 parts silver). The *Kokoshnik* (Russian headdress) on the profile head was first used about 1897. The maker's initials are not identifiable in standard references.

Wisconsin coffee pot

Enclosed is a photo of our old coffee pot and its mark. Can you date it for me from the mark on it?

D.C.—Olympia, Wash.

The Racine Silver Plate Co. was active at Racine, Wisc., 1873 to 1882. Your plated silver coffee pot has the fashionable "long-legged" look of that era.

Wedgwood mark

From the mark that I've drawn, what can you tell me about the origin of my tea set?

H.G. Jr.—Timmonsville, S.C.

The Staffordshire potters Wedgwood & Co. have operated the Unicorn (hence the Unicorn trademark) and Pinnox Works, Tunstall, since 1860. The company name was recently changed to Enoch Wedgwood (Tunstall) Ltd., which is the same as your mark.

Antiques show

This Chippendale-style card table from the Bayou Bend Collection will be part of the loan exhibit entitled "American Card Tables" at the 26th annual Theta Charity Show, sponsored by the Houston Alumnae Chapter of Kappa Alpha Theta in Houston, Tex. The table was made in Philadelphia about 1770 and according to family tradition was once owned by George Ross, a signer of the Declaration of Independence. The show will be held Oct. 11-15 at the Albert Thomas Convention Center, West Hall, Capitol at Bagley, Houston, Tex.

For my first phone, I chose one of the first phones.

Some people want a phone that looks like it's old when it's new.

But everybody wants a phone that'll work like it's new even when it's old.

The way to get both is to get Bell.

There are all sorts of shapes and colors and styles of Bell telephones to choose from. Plus all kinds of customized calling services.

Which means you can choose a phone that's genuinely you. And still get a phone that's genuine Bell.

Bell System

BE CHOOSEY

Update on water: nature's own tonic

Experts are finding out more and more about the nutritional value of water, and how you can drink it for health.

By Caroline Seebohm

After a long hot summer, what could be a better health tonic than water? Water is our most essential element. It accounts for almost three quarters of our body weight. It lubricates our bodies, controls our temperature, transports vitamins and minerals in the body, emits waste, and moisturizes our skin. We can survive for some time without food, but without water, the human being would be a dead duck in a matter of days.

Yet how often do you think of water as a *nutrient* rather than simply as a thirst quencher? Compared with the time and money people spend on reading food labels, learning about food additives, and trying to prepare balanced diets, those drinks of water you take from time to time, or those water-based thirst quenchers you sometimes sip, get astonishingly little scrutiny. What sort of water is the most nutritious? Out of a faucet? Out of a bottle? Is the popularity of sparkling water really just a fad? How *much* should we drink? Some answers are now beginning to come in from the experts.

Most professional nutritionists, backed by the Food and Nutrition Board of the National Research Council in Washington, agree that between 6 and 8 glasses of water a day is the right water intake for most adults. Expired air, sweat, and body excretions "deplete about 3 pints of water each day from a 154-pound individual living in a temperate environment," reports the Food and Nutrition Board. "Optimal physical performance depends upon replacement of water losses." When dehydration occurs, people experience "loss of appetite and limited capacity for work. Even modest physical activity causes heart rate and body temperature to increase," says the report—thus impairing performance by creating the risk of heat exhaustion. This is why the Committee urges athletes, for instance, to replace water loss continuously during the day with frequent small intakes of water.

In America, most people drink the water that their municipal water board supplies them with via the faucets in their kitchens and bathrooms. Sometimes the water is hard, sometimes soft, depending on the region. In some places, water has fluoride; in others, none. Scientists are still not sure how pure our water is, or how pure it should be. Here are some recent findings: The latest Federal study of 46 American cities, published in May, 1978, has concluded that fluoridating water to prevent tooth decay has no adverse effect on overall health. (This finding confirms the position held by the American Dental Association.) Recent British, Canadian, and Swedish studies make some connection between the incidence of cardiovascular disease and soft water, but these findings are not conclusive, and soft water has medical uses under certain circumstances. In another Canadian test, it is suggested that magnesium in water may have an inhibiting effect on cardiovascular disease.

Perhaps the most comprehensive U.S. survey so far was a research project instituted by the Safe Drinking Water Committee of the National Research Council, published in 1977, which concluded that of the 5 classes of water contaminants studied, very few adverse health effects could be established. The only three in question were particles derived from asbestos minerals (tested for inhalation, however, not ingestion by drinking); vinyl chloride (the sale of which is banned in propellants and all aerosols); and radium (considered too low in concentration to be dangerous to humans.) [cf. *Drinking Water and Health,* National Academy of Sciences, Washington, D.C.].

To find out what kind of water you are drinking, take a sample from your faucet to your state or county public health or water hygiene department, and it will test it for coliform bacteria and other harmful chemicals (usually free of charge). Your local Environmental Protection Agency office can also tell you what chemicals are being discharged into local rivers and lakes.

There are various ways you can help improve the quality of your drinking water. One is to install a purifier or filter in your water system, which can screen out certain contaminants such as rust and sulphur (see House & Garden, February, 1976, for a full report), although the Environmental Protection Agency warns that such devices

Continued on page 28

Mountain Valley Water

CONSTITUENT	MILLIGRAMS PER LITER
Calcium	69.68
Manganese	trace
Iron	0.27
Magnesium	10.56
Sodium	2.88
Potassium	1.13
Lithium	trace
Silica	12.08
Aluminum	0.70
Ammonium	under 0.05
Bicarbonate ion	238.05
Carbonate ion	6.99
Sulphate ion	9.72
Chloride ion	6.38
Bromide ion	trace
Iodide ion	trace
Nitrate ion	0.88
Nitrite ion	trace
Phosphate ion	0.25

Perrier Water

CONSTITUENT	MILLIGRAMS PER LITER
Residue at 230F.	464
Residue at 927F.	405
Silica	1
Free carbon dioxide	134.66
Oxygen	7.50
Calcium	140.2
Magnesium	3.5
Ammonium	0
Sodium	14.5
Potassium	1.0
Bicarbonates	347.70
Chlorine	34.25
Sulfates	51.4
Nitrates	0
Nitrites	0.25
Phosphates	0.015

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The most effective moisturizer in the world.

Water.

If you know how to use it.

Your dry skin is thirsty. Literally. Thirsty for water. So all you need to do is soak in a tub for an hour, right? Wrong. Because although your skin soaks up needed moisture in the tub or shower, it's lost too easily from evaporation once you get out.

But we can make water work for you. Neutrogena® Body Oil was specifically formulated to maximize the moisturizing effects of your bath or shower. It's a pure, light sesame-oil-formula which is applied *after* you bathe, while your skin is still wet, to hold in the moisture.

Does it feel greasy? No, because sesame oil is so light that it seems to disappear on your skin, although it really forms an invisible moisture-holding film. But it won't stain your clothes, either.

Put the world's most effective moisturizer to work for your dry skin. Keep it there with our help.

Neutrogena® Body Oil

Use it every day.

© Neutrogena Corp., 1978

continued from page 26

have not yet been fully tested for efficacy. The other method, which is very popular in Europe and gaining in popularity here, is to drink more bottled water. You may think "bottled" water sounds unnatural, but in fact, the best-known bottled waters are natural spring waters that come from deep down in the earth.

"In Europe, we define two kinds of natural spring water (that is, water bottled at its source)—medicinal and mineral," explained Dr. W. Schneider, president of the Fresenius Institute, on a recent visit to New York. (The Fresenius Institute, founded in 1848 in Wiesbaden, Germany, analyzes natural spring waters from all over the world.) "In medicinal water, all the components must be kept in their natural state (except in certain cases, slight carbonation may be added). In mineral water, iron may be removed since iron in water oxidizes and makes the water look dirty; and other additions may be added to meet specific requirements. For instance, in Germany, we have a regulation that mineral water must not be less than 1,000 parts per million dissolved solids or more than 1,000 parts per million free carbon dioxide—that means, not added after bottling."

At the Fresenius Institute, waters are tested from all over the world for main and trace elements, and in what proportion. "In nature there are approximately 100 different elements. We have found about 60 in the different waters so far," says Dr. Schneider. (New understanding about trace elements is also affecting us here; 6 new minerals are being added to the Recommended Dietary Allowances issued by the Food and Nutrition Board (see Living, page 14.)

In Europe, the academies of medicine use water analysis from such places as the Fresenius Institute to make recommendations to their ministries of health, and doctors use the waters as therapeutic aids. "For instance, calcium sulphate waters are recommendable for persons requiring a low sodium diet," Dr. Schneider said. For this reason, German medicinal waters must carry a label containing the mineral breakdown.

According to Dr. Schneider, natural spring waters provide important elements for the human body that may not be adequately taken in through food, such as sodium chloride (lost after sports, for instance), calcium, and magnesium. "Natural spring waters also have natural fluorine for tooth protection, rather than having to add it," he pointed out. Even lithium, an element whose importance is now recognized by mental health experts, is found in many natural spring waters.

In the U.S., although interest in trace elements in the body is greatly increasing, many regulations concerning bottled water. First of all, it divides bottled water into drinking water (which may come from a spring or be processed tap water), and mineral water. Bottled drinking water is subject to standards of purity set by the FDA for all foods and beverages, which roughly demand that the product not be injurious to health.

The important point, however, is that the FDA does not regard *any* bottled water as therapeutic, and will not allow such claims to be made, nor will it allow labels showing the mineral analyses to appear on the bottles. (That applies to imported waters, too, so importers from Europe must take off their mineral content labels before they reach this country.)

"We have found no data that satisfactorily proves therapeutic value," says a spokesman for the FDA. "We believe that listing the mineral content would be misleading. The minerals would not be significant at the levels found in bottled water, compared to the nutritional content of foods." If components are added to mineral waters, however, it must be so stated. One other specific regulation has been passed on this subject. If a manufacturer makes a claim that the water is *low* in sodium, he must give the amount that water contains.

Although bottlers may not display the mineral content on their labels, they are working on the possibility of doing so, and a proposal to that effect is currently under review in the House of Representatives. "We are looking for ways to educate the public about minerals in water," says Bruce Nevins, president of Perrier in the U.S. "At the moment, such listings may not mean anything to the consumer. We would not want you to drink water instead of milk for the calcium, for instance."

If, however, you feel you can learn something from reading the mineral analysis of bottled waters, this information is available. For the mineral analysis of Perrier and Mountain Valley, and for the addresses to write to for the mineral analyses of other bottled waters, see page 26. This information may help give you some idea of the nutritional value of the water you drink. An expert nutritionist can advise you as to whether you may benefit from it, as part of your daily balanced diet.

In Europe, people believe that bottled water is both safer and healthier than tap water, and they drink 20 times the amount drunk in the U.S. At home, you've probably noticed how many people ask for a mineral or soda water for their lunch or dinner apéritif these days. It's refreshing, of course, and good for the waistline. But perhaps, as new information comes in about the nutritional value of the minerals in water, testing your water, installing filters, or trying a bottled natural spring water may be the new road to health. Dr. Schneider believes so. As he put it: "Drink bottled natural spring water as a gift to your body."

Continued on page 30

"People say 'when you hit 40 you are over the hill.' I have a different feeling about it."

"I feel good about it. I feel like I have accomplished something."

A lot of Joyce Gregory's satisfaction comes from her children. She feels she has brought up her children to be people she likes and respects.

"I feel like somewhere along the line I have done something right."

Joyce feels she has grown with her children. She's pleased that they're proud of her—just as she is proud of them.

She says her daughter "compliments me constantly." Her daughter will say, "'Oh Mother, so-and-so says you always look so niee.'"

"Well, really, that makes you feel good about yourself."

It was from her daughter that Joyce heard about Oil of Olay. Joyce tried it and found she liked its lightness.

"...my husband hates for me to go to bed with the 'greasies.' And Oil of Olay doesn't leave me feeling all greasy ... I like that. It seems to soak in."

Joyce uses Oil of Olay under her make-up in the morning. "I usually put the Oil of Olay on first and let it set just for a few minutes. Then I put my make-up on over it. It goes on real well."

In many ways, Joyce seems to feel that 40 is a turning point in her life. She looks back and feels satisfied with what she's done. And she looks forward to what may come.

"I will have more time, even, to spend on myself. I will take even more interest in myself and my looks now than I did before."

Beauty tips

1 A natural (and very effective) facial mask: mix crushed almonds and oatmeal with water until it forms a paste. Let the paste dry on your face, then rinse with tepid water. Your skin will feel refreshed, free of impurities. Afterwards, smooth Oil of Olay on your skin.

2 Men do it every time they shave: remove the dead skin from their face that accumulates every day. You can do it too. Once a week, gently scrub your face with a rough, wet facecloth to which you've added a little salt. Your skin will glow! Afterwards, moisturize with Oil of Olay.

– Joyce Gregory
Houston

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continued from page 28

Water—the body toner

As well as working its magic internally, water is also a force for good used externally, as Dian Dincin Buchman shows in her new book, *The Complete Book of Water Therapy,* to be published by Dutton in November. In it, she lists the ways water helps your body—such as local hot or cold compresses, tonic friction, sponging, baths, footbaths, packs (such as hot blanket or hip packs), showers, and shampoos. "Water is still an unknown quantity," says Dr. Buchman, who teaches a course in health at the College of New Rochelle, N.Y. "It does many of the things medicine can do, without side effects." For instance, "Cold depresses vital functions at first but the body reacts with greatly heightened internal activity. A short cold application is tonic. A long cold application is depressant. The primary action of heat is excitation, but it then lessens the activity in the body." Dr. Buchman gives many examples of how the application of hot or cold water can affect heart, lungs, liver, muscles, metabolism.

"I'm a great advocate of *cold* water," she says. "I always end my bath with cold water. It can stimulate the body and initiate disease resistance, at the same time giving you energy and a new lease on life."

Here is one of her wonderfully energizing exercises for the feet:

Cold water treading

Fill the bathtub with cold water up to the ankles, or for deeper effect, with enough water to cover the calves. Enter the tub, and hold on to a stationary wall grip. March in place for 5 seconds to 5 minutes. In warm or hot weather, walk around barefoot afterwards; or wipe the feet vigorously with a towel.

Beauty and health products new this month in the stores

If you've ever wanted a fragrance that truly captured the heady excitement of breathing in an armful of flowers, your wish has become a reality. This fall there's **Adolfo,** a floral scent that even the most impassioned flower-lovers will adore. The perfume is made with Bulgarian roses, lilies of the valley, gardenias, jasmine, and tuberoses for extra richness. At the same time, the scent is

Continued on page 32

IS YOUR HAIR GETTING ALL THE PROTEIN IT NEEDS?

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Imagine this is a shaft of hair. Red represents the amount of protein that could be absorbed by the hair before CPP Catipeptide.™ Gold represents Redken's unique protein, CPP Catipeptide. It can be absorbed so much better than any protein we've ever used.

To look and feel its healthiest, hair needs protein. If you bleach, tint, perm, blow-dry, crimp, shampoo often or spend a lot of time in the sun, chances are your hair needs protein. The question is how can you get it.

You're not a scientist. You know your hair needs something. But what? How much? From where? Redken's spent 18 years scientifically researching hair just to come up with those answers. And during that time we learned a lot about protein.

How is protein absorbed by hair in the first place? Your hair's protein has a certain amount of electric charges (think of the static electricity you generate by brushing your hair). So does our protein. Hair in need, especially damaged hair, happens to have more negative electric charges while protein has positive ones. And remember from your high school chemistry, opposites attract. These opposite charges naturally like each other. They act like little magnets.

What Redken has done is to manufacture a natural protein that's more attractive to your hair. CPP Catipeptide is different because it averages two positive charges instead of just one like other proteins. CPP Catipeptide is also specifically designed to the correct molecular size and weight. So it can get through to your inner core of hair and stay there.

CPP Catipeptide responds to your hair's protein needs. Whether it's a little or a lot, CPP Catipeptide delivers.

Where can you find it? Only Redken has this incredible protein. In a group of hair care and conditioning products: Amino Pon® Concentrate Ready-to-Use Shampoo, Climatress® Moisturizing Creme Protein Conditioner, P.P.T. "S-77"® Protein Conditioner and Bodimer +,™ a body builder. And you can find these products in hairstyling salons that use and sell Redken. Check your Yellow Pages for the one nearest you.

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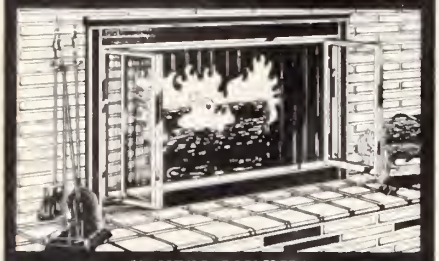

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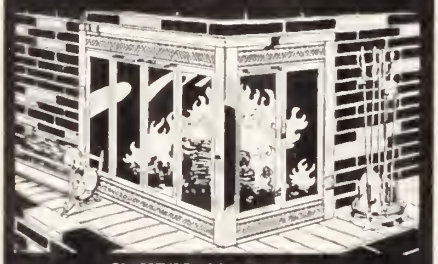

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GOOD LOOKS & GOOD HEALTH

continued from page 30

very clean, fresh, diffuses slowly, and seems to wear endlessly. Those who love the attention to detail that have made Adolfo's clothes timeless essentials will love the classic, feminine scent he's made to wear with them. Adolfo by *Frances Denney* comes in a 1-ounce crystal bottle for $75; ½-ounce, $45; for tryouts, the colognes run from $12 to $16. At Saks Fifth Avenue stores across the country.

Here's a compact makeup kit cleverly put into a slim 6-by-3 ¼-inch-wide snap-shut box. It holds a lip gloss, a blusher, three shades of eye shadow, mascara, a mirror, and the four brushes you need to make it all work. **The Little Black Beauty Box** also comes in four color-coordinated sets called "The Mauves," "The Greens," "The Blues," and "The Browns," which could substantially reduce the number of makeup tools you need to take with you for makeup repairs on vacation, at the pool, the health club, wherever. $20 by *Madeleine Mono* at Henri Bendel, 10 W. 57th St., New York, N.Y. 10019 and at fine department stores everywhere.

Allergy-tested nail polish that's glossy, long-wearing, and available in gorgeous colors from *Clinique*—it's a new formula made to last longer than you'd think possible and keep its fresh, just-put-it-on look through sports, typing, constant knocks or scratches. In ten new shades for $3, with a Base Coat and Top Coat for $3.50 at fine department stores.

Bring on the neutrals—the makeup colors you wear everyday regardless of the season or the fashion dictates of the moment. **The Aziza Tinted Neutrals** by *Aziza* are six shades of eye shadow, a pair to a set in the color classics of fall—gray, green, wine, and beige. Each pair is a lighter or darker value of one color, which works to play up your eyes, your clothes, or your hair. The effect is subtle and sexy and at $1.95 pretty hard to beat! At drugstores everywhere.

A *new* cleansing bar for your face—**Bienfait Savon** by *Lancôme*. It comes in two formulas: an emollient-based soap for skin that's normal to slightly dry, and an astringent-based soap for skin that's normal to slightly oily. Both lather very well, are not abrasive, clean thoroughly, and won't strip skin of the precious oils it needs. Follow up with a freshener and Lancôme's superb, slightly pink-tinted **Bienfait du Matin** moisturizer. Bienfait Savon, 6-ounce bar, $8 at fine department stores.

There's more fragrance news this fall. Perhaps you know of a very special group called *The Perfumer's Workshop Ltd.*, which specializes in essential oil compounds to make some of the most natural, true-to-nature scents available. Their "Tea Rose" is perhaps the most distinctive and certainly one of the mo popular of the "natural" floral scen they make. **Pret-à-Porter** is the wor shop's new group of 24 ready-to-we single-note fragrances and they're eve bit as true as the oils. They're light c lognes of various flowers such as jasmin amaryllis, gardenia, tuberose, viole mimosa, lotus—the list goes on and o Eau de Toilette Atomiseur, $10 Bloomingdale's in New York City.

About eight years ago, **Vaseline I tensive Care Lotion** was introduced an it quickly became one of the country favorite hand and body lotions, so whe such a good formula is improved, som thing extra-special has to be expected New ingredients have been added t speed the rate at which the skin absorb the lotion. More humectants have bee added to improve the moisture balanc between your skin and the moistur content in the air. More emollients hel keep moisture in your surface cell layer longer and the lotion has a bit mor "body" to it. If Vaseline Intensive Car Lotion Herbal is your favorite, you' find that the same thing has been don to its formula. $1.45 for 6 ounces, $1.9 for 10 ounces, and $2.75 for the gian 15 ounces, with pump-type applicator that let you squeeze just the amount yo want. Vaseline Intensive Care Lotion are by *Chesebrough-Ponds* at drugstore and supermarkets throughout the coun try.

Blend 30 is a new scent for men from *Alfred Dunhill* of London. The scent i of fresh patchouli with a jasmine to note, but as the fragrance wears, scents of balsam, rosewood, and rich spice emerge. It comes in an eau de toilette after-shave tonic, soap, facial balm, shav ing foam, antiperspirant, and moisturiz ing lotion. Prices range from $10.50 fo the eau de toilette to $20 for after-shave to $5 for soap. You'll find them at fine men's clothing stores and department stores across the country.

PAULA RICE JACKSON

Your fragrance and herbal almanac

The sign: **Libra**
Circa: September 23-October 22

It is said that all vines, including the noble grape, belong to the sign of Libra. Grape leaves are an important food in the Middle East and, until the 20th century, produced the green dye for the wools of Persian rugs. Lemon verbena, the source of popular lemon-scented toilet waters, is also related to Libra. The stirring new trilogy from Estée Lauder, the scents of **Celadon, Pavilion,** and **White Linen,** appeal to Libra because they can be worn together, separately, or in pairs. Both sexes should discover **Lagerfeld** by Karl Lagerfeld, a subtle and opulent scent.

MARIA REACHI

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Very In this fall:
'Country Inn Colors'

Spiced peaches, sun-warmed bricks. The lustre and romance of fine wines and fresh-cut roses—"Country Inn Colors" are very "in" this Fall. These five new colors in Moisture Whip Lipstick have continuous moisturizing action. They help prevent dry, chapped lips—even in chilly Autumn weather. Check out the "Country Inn Colors" at your favorite store!

Our model is wearing Country Brick. Other shades: Spiced Peach, Wine On Ice, Tawny Glow, Copper & Coral.

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MONEY MATTERS

By Paul Gross

How to make your dividends pay dividends

plus answers to your questions about money managers, dollar-cost averaging, mutual funds

Q Do dividend reinvestment plans make sense?

A For some unknown reasons, dividend reinvestment plans are among the best kept secrets on Wall Street. And that's a pity, because these plans, which let you reinvest part or all of your dividends in the company's stock, make an awful lot of sense. It's a way of building up capital, you get to save on commissions, and may even be able to reinvest at a discount. Over 1,000 companies offer dividend reinvestment plans, or DRPs as they are often called. As an incentive to shareholders, the companies that offer these plans usually pick up between 40 and 100 percent of the commission costs when you reinvest your dividends. The more you save on commissions, the more you have working for you. Of course, the companies also benefit since they now get a source of steady funds to finance operations and expansion. Moreover, it's a cheaper way of raising money than selling bonds or issuing new stocks on the open market. That in turn makes the stock look better. The more a company can save, the more it will tend to earn—which in the long run makes it a more attractive stock. As is so often true, the best deals are those in which everybody comes out a winner.

Moreover, the more of its dividends a company retains, through dividend reinvestment, the more it will eventually be able to pay in dividends. Generally, a company pays a certain percentage of its earnings per share as dividends—called the payout ratio. However, the payout ratio will change if dividend reinvestments rise. Put simply, as more and more of the dividends paid out are reinvested, the actual cash outlay will decrease. That means the company will then have more room to raise dividends.

Some companies not only let you buy the shares commission-free, they'll even sell you the stock at a 5 percent discount from its market price when you reinvest dividends. That's a handsome benefit. In effect, it means that you'll get one share free for every twenty you buy through dividend reinvestments. And that boosts your effective yield as well as your capital gains. In fact, the 5 percent discount increases your yields—the dividend income you'll get—by close to ½ of 1 percent.

Some companies will even let you supplement your dividend reinvestment with a cash purchase. Called cash payment plans, these plans let you invest as much as $12,000 a year of your money just as you would invest dividends. If the company picks up all the commission costs and also give you a 5 percent discount on stock purchases, your savings could be huge.

Please note, that you are still liable for income taxes on dividends—even if you reinvest them with the company. However, that may not be all that much of a problem since the first $100 of dividends that you receive is tax free. If you and your spouse split your portfolio, you could each get $100 of dividends tax free. Unfortunately, though, the 5 percent discount is also treated as income for tax purposes. But that shouldn't stop you from taking advantage of these plans.

Q How do you find a good investment manager?

A If you don't have the time or expertise to handle your own investments, you should definitely consider hiring someone to manage them for you. What you pay him or her in fees will be returned many times over in profits—providing you find a good advisor. Before you even start to shop for an investment advisor, determine what you want to accomplish. What kind of return do you want to make? What kind of nest egg do you want to build up? How much risk are you willing to take? What kinds of investments would you prefer to be involved with? Each type of investment yields its own kind of income, capital gains, and tax results. Moreover, some investments are riskier than others. So, you have to decide how much risk you can stand to live with. If you're reaching the end of your working life, you probably don't want to take a gamble with your hard-earned nest egg. Nor should you. On the other hand, if you're still in your salad days, you can and should take some risks to maximize potential rewards. You also have to decide how much risk you can sleep with at night. If taking a gamble leaves you tossing and turning, you might be far better off concentrating on safe investments.

Once you have a handle on reasonable goals, you're ready to shop around for an investment counselor who can help you reach them. Since you want to match the counselor to your goals, learn as much as you can about his or her investment philosophy, style, and track record. Whatever else you do, ask tough, objective questions. After all, your money and financial well-being are at stake. Ask prospective advisors how they fared in the past and what they attribute their success to. That's especially important if you're dealing with a firm of investment advisors. The firm may have a brilliant track record that it proudly trots out on display for all prospective clients. However, it may fail to tell you that the people responsible for its grand successes have recently left the firm to start up a new company. That's like going into a stable with a saddle after all the horses have escaped.

When you look at a firm's track record, ask how it did in bull markets as well as bear declines. Almost any firm can show you an account that performed beautifully when the stock market was rising and almost everything turned to gold. Looking at a sample portfolio at times when the stock market was at a major turning point is an acid test of competence. For example, ask to see a sample portfolio as of November or December of 1972, which was just weeks before the stock market peaked out and started a long painful slide lower. If the firm was very good, it would have already sold off most of its holdings, leaving it with what Wall Streeters call a "high cash position." Moreover, of the stocks it held, most should have been those of companies in basic industries. Those were the stocks that performed the best when the market finally turned back up again in 1975 and 1976. Most important of all, there should have been very few, if any, growth stocks in the sample portfolio. Growth stocks were clobbered in the bear market in 1973 and 1974. If that checked out, ask to look at a sample portfolio when the market turned up again two years later. December, 1974 marked the first month of a new bull market. If the firm is very good, the portfolio should have been chock full of high-grade corporate bonds which were then yielding 9 percent or more and blue chips. The blue chips, which had been killed in the bear market that just ended, started performing beautifully when the market turned around.

Next find out how flexible the advisor is. Investment philosophies and techniques change to meet the investment environment. Your investment advisor should be flexible enough to go with the flow. For example, advisors who focused on growth stocks fared well in the 1960s and 1970s. Now the advisors who con-

Continued on page 37

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MONEY MATTERS

ontinued from page 34

entrate on relative values—such as book alues, yields, and other strengths—are howing the best performance.

As for the management, each advisor hould handle no more than 30 accounts. f they do (and some firms let members andle 200 or more accounts), you probbly won't get the kind of attention you leserve. It also goes without saying that he firm's executives should be on some ort of incentive compensation package, o that their incomes are tied to how well 'ou do. Finally you want a firm that enoys a spotless reputation for integrity, specially what is known as a sense of he fiduciary. Simply put, that means it reats your money with all the care it vould its own. So, don't be shy about sking a firm for references. While it vill probably give you the names of only atisfied clients, who they are and what hey have to say will give you a clear picure of the firm's caliber.

Q What is dollar-cost-averaging?

A If you have enough confidence in a stock or the stock market to put your money into it, you should seriously consider dollar-cost-averaging. That's a big word that simply means periodically putting a set amount of money into a stock —as regularly as a clock. Even some of the most sophisticated investors on Wall Street think that dollar-cost-averaging is one of the best investment techniques around. As good as it might be, however, it only works one way, if the stock in which you're interested is in a general up trend. Here's how it works. As you keep pumping money into a stock that's rising, you'll wind up paying successively higher prices for it. However, the average price you end up paying for it will usually be lower than what you would have paid for it had you taken a flier—unless of course, you're that rare and lucky breed who has a knack for picking stocks when they're at a rock-bottom price. While dollar-cost-averaging doesn't require the skill of a Wall Street Cassandra, it does take enough money with which to invest regularly and the discipline to keep making those investments.

The only time dollar-cost-averaging won't work is when the market and the stocks you're interested in are being regularly beaten down in price. Although you'll be able to buy the shares at ever lower prices, you'll still pay a higher average price than what the stock eventually falls to.

Q Are mutual funds a good way to invest in the stock market?

A If you're interested in investing but neither have the time to follow the market closely or enough money to hire an investment counselor, you should seriously consider a mutual fund. Some have done extremely well for their investors over the past 10 years. Moreover, mutual funds give you professional management and a great deal of diversification for a relatively small investment. Your shares in a mutual fund let you, in effect, own a diversified portfolio of stock. That, of course, helps spread your risks and also put you in a prime position to make money when the stock market moves higher.

Remember though, while some funds have performed beautifully for their investors, others have done poorly—even when the stock market was going up. Here are ways to check out a fund:

- Find out how well a fund has done over the past year or so. (Ask your stock broker to look up the fund's performance in the ranking tables compiled by Lipper Analytical Distributors, Inc.) Look for a fund that has done well in all types of markets—bull as well as bear. Check out how the fund did during the bear market of 1973 and 1974. Then find out how well it did during the bull market of 1976. Now compare those figures to the Lipper Index, which tracks the records of mutual funds. The fund you're interested in should have performed better than the Lipper Index during the bear as well as the bull markets.
- Zero in on a mutual fund that meets your objectives. In this age of specialization, it should come as no surprise that mutual funds have specialized objectives. Some funds concentrate on growth stocks, others on special situations, such as gold or energy stocks, and still others concentrate on giving you the highest possible income.
- Find out how diversified the fund's portfolio is. The more diversified it is, the better. Check the stocks to make sure that you're comfortable with them.
- Check that most of the fund's stocks are liquid—that is, they can be sold easily. (Many funds will use footnotes to point out holdings that aren't very liquid.) This is very important because a fund could be burned badly if it owns a lot of illiquid securities and the market takes a sudden nosedive—which happens all too frequently to overlook this consideration.
- Choose the fund that has a higher yield if you can't decide between two. At least you'll get more income while waiting for the fund to make money for you through capital gains. By the same token, no-load funds tend to give you a better break than load funds—ones that charge a sales commission. Simply put, the less that's charged for management and sales fees, the more you'll have working for you in the stock market.
- Make sure that the people responsible for the fund's past successes are still there. A track record without the people who logged it is next to worthless. ■

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HEALTH/ PSYCHOLOGY/SEX

By Mary Catherine Tyson, M.D.

Emotional states that can cause cancer

Plus how to prevent and treat a sore throat, and the latest update on contraception

Q Can cancer result from a state of mind?

A It's really nothing new to say that the state of mind is a factor which may play a considerable part in the triggering of cancer. A 2nd-century Greek physician, Galen, attributed cancer to a melancholy disposition. Several decades ago, Dr. Lawrence Kubie, a well-known psychiatrist, postulated that the immune response to infection was decreased in depressed people, resulting in a much higher incidence of respiratory infection. More recently, Dr. Lawrence Le Shan began testing cancer patients with the Worthington Personality History.* He obtained 455 profiles and interviewed 250 cancer patients for up to eight hours and carried out intensive individual psychotherapies, some lasting years. In his recent book, *You Can Fight For Your Life, Emotional Factors in the Causation of Cancer* (M. Evans, 1977), he writes that three significant emotional aspects occurred in his patients. These are an inability to express anger or resentment, coupled with a "façade of benign goodness," the presence of "indications of emotional tensions concerning the death of a parent or loved one," and a pervasive despair that seems to arise from perceived failures and loss of a central relationship. In the last ten years, Dr. Caroline Thomas of Johns Hopkins University has also studied the relationships between cancer and emotional states. She has reported that cancer tends to strike the low-key, nonaggressive people who keep their emotions to themselves and those who have lost a central relationship, especially mothers or mates. Statistically, widows have a higher incidence of cancer than married women of a comparable age group.

*Note: *The Worthington Personality History invented by psychologist Dr. Richard Worthington is a four-page information form, designed to allow patients to tell their life stories in their own words. It is favored by many doctors today over the Rorschach (ink blot) test and the Thematic Apperception Test which are considered too obviously psychological and cause people to react in a defensive manner, invalidating results.*

Pioneer researcher Dr. Hans Selye of McGill University and Dr. John Mason of Yale University have suggested that hormones may be the neuro-chemical currency that converts anxiety into malignancy. Under stress, the hypothalamus activates the pituitary to release the chemicals that cause the adrenal cortex to produce more hormones. It is now thought that some cancer cells are constantly circulating through our natural immune system. The natural weapon we rely on to fight these cancerous cells are special white cells produced by the thymus, thymocytes. Emotional distress seems to damage the thymus and render it inactive. Thus thymocytes are not produced and the system becomes vulnerable.

More and more industrial pollutants, food additives, and chemicals are proven causative agents of cancer. Hormones in birth-control pills and estrogen used to control menopause are under suspicion. Heredity does play a part, too. So does obesity. We cannot change our family history or live only in areas with a pure environment, but we can avoid suspect pollutants, maintain normal weight, and help public campaigns designed to reduce the toxins around us. And we can make every effort to have good mental health and prevent depression, or get help if it occurs. The important thing is not to repress feelings of anger or resentment too much and to be more self-assertive. These are positive efforts we can make to prevent cancer.

Q What's the best way to prevent and treat a sore throat?

A A well-known laryngologist said that the more effort you put into your voice the less return you get, so the most important point is not to strain your voice excessively. Shouting or talking loudly can damage the vocal cords and cause permanent hoarseness. If your life requires an extreme amount of telephoning, get a device installed in your phone which magnifies the voice. With this, you can talk in a whisper and still be heard clearly. It goes without saying that smoking will aggravate the throat and vocal cords, so will undiluted alcoholic drinks, which may produce what used to be called a whiskey tenor voice. Do keep your general health and nutrition at an optimum level and maintain adequate intake of extra citrus fruit in winter for added vitamin C. This certainly helps injured tissues to heal and may also prevent infections. When the throat does feel sore, chew gum with aspirin for local pain, or gargle with aspirin solution.

If a sore throat is accompanied by fever, it may have serious side effects on the heart and kidneys if not treated promptly, so check with a doctor if such a condition persists. And never ignore any change in your voice or alteration of the appearance of your tongue or lips. For sore throats without fever, keep the infected throat warm with hot drinks and a scarf tied around the neck to increase the blood supply and thus help the body overcome infection.

Q What's the latest news in contraception?

A It seems that the pill is going out of favor. Planned Parenthood reported in July this year that its pill use dropped from 76 percent to 69 percent. Meanwhile, the diaphragm and sterilization are gaining in popularity. Diaphragm use increased from 4 to 10 percent, reports Planned Parenthood. In 1976, 6.8 million people under age 45 underwent sterilization. Since then, statistics for both men and women have increased. In fact, surgery for women has just about tripled. Tying of the female Fallopian tubes, of course, is a 100 percent effective method of contraception. Once considered quite a surgical procedure, today it is greatly simplified by laparoscopy. This technique involves a minute incision into the abdominal wall with a rod which has a "cold" light. The rod allows direct vision into the reproductive system, and the tubes are then hooked and clamped. The operation is done with a local anesthetic following sedation, and requires a day's stay, or less, in hospital. It is just as uncomplicated as a vasectomy for men.

Now that the pill has been shown to have mental and physical drawbacks and the intrauterine device (I.U.D.) has been known to cause perforation and infection, it is hardly surprising that a number of new contraceptive techniques are being developed. In fact, three new over-the-counter methods are already available. One is Encare Oval, a suppository containing a new chemical spermicide that foams up and seals the cervix. The second is a collagen sponge which is inserted as needed, then removed after eight hours and washed for reuse. (The sponge concept is probably one of the oldest contraceptive methods in the world and certainly goes back to Biblical times.) The third method is an intravaginal ring containing hormones which are slowly released at a constant rate. It can be inserted at home, as and when needed, and removed at will. None

(Continued on page 40)

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HEALTH/ PSYCHOLOGY/SEX

continued from page 38

of these methods need medieal preseription.

There are other eontraceptive developments, though, whieh do require a physieian's supervision. One is a new, long-aeting pill implant developed by Dr. Gopi N. Gupta of the Population Counеil, New York. The pill, slightly bigger than an aspirin, eontains a progestin mixture and is plaeed under the skin. It may be inserted in either men or women. The tablet dissolves over a period of one to three years, metering out a little of the hormone every day. Fertility returns in a few days after removing the pellet. So far, however, studies indieate that this method may interfere with the endoerine system. When implanted in men it lowers the maseuline sex drive, so that an implant of testosterone is given with it to eorreet the imbalanee. An anti-pregnaney vaeeine is another eontraceptive alternative derived from reeent researeh by the All Indian Institute of Medieal Seienees. The shot lasts six to 18 months and provokes antibodies to destroy the natural hormone neeessary for the ovum to implant itself in the uterus and develop. In the early stages of its development, this was found to eause endoerine gland interferenee, but subsequent modifieations have surmounted this problem.

Of course, for effeetiveness eombined with the least risk, the diaphragm in conjunetion with spermieide ream still wins over any other method of eontraeeption. Dr. Elizabeth B. Connell, Asseiate Direetor for Health Seienees of the Rockefeller Foundation, a leading researeher on fertility and eoneeption, reeently emphasized the sueeess of this teehnique. ■

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Chicago, Illinois

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ENERGY UPDATE

Low tech building

A new approach to construction making the best use of energy found in nature

By Jim Morgan

Building has always involved dollar-and-cents concerns, but now that energy is becoming something that even money may not be able to buy, a new concept in construction is developing along with our energy—and economy—consciousness. It is called "low technology" building and describes a method of total design that respects nature's fuel reserve. Solar energy is naturally a part of "low tech," but the idea goes well beyond that, to take in energy-efficiency in every aspect of construction and materials, including the long-range operating costs of the house.

Until recently, Americans never worried much about waste and inefficiency. There was always a lot more—land, steel, oil, you name it—where the last batch came from. Even so, Ben Franklin designed the wood stove to achieve the most with the minimum investment, and his injunction "Waste not, want not" has been a catch phrase with people who have moral scruples against profligate behavior. "Low tech" building takes this principle further and is concerned with making the best use of energy found around us in nature. Keith Haggard, a New Mexico economist, tells us we waste a lot in harvesting, processing, and transporting energy. He has developed a technique called Net Energy Analysis in which he works out the distinction between cost-efficiency and energy-efficiency. In "low tech" building, Net Energy Analysis is applied to determine how much energy is needed to produce and install comparable materials and how much energy they require to sustain a comfortable environment. Aluminum, for example, requires six times as much electric energy as steel for refining and production. Furthermore, heat loss through solid aluminum is greater than through steel. Aluminum is clearly not an efficient material in Net Energy terms. Again, although lumber trucked across the country from the Northwest may be cheaper to harvest than local timber, the amount of transport energy involved may make it less energy-efficient. Among solar systems, to give still another example, active systems with their plumbing, pumps, and storage tanks require more energy to build and operate than passive systems without mechanical parts. The ideal aim in "low tech" building is to use a material or a system which can *produce* more energy in a house than is needed to create, install, and operate it.

Recycled and industrial materials

Barn timbers, used brick, and woodwork from demolished buildings make good sense in terms of energy efficiency. So little energy is needed to prepare them for second use. Old windows can be double-glazed, and old doors weatherstripped easily, and they add special character to new structures. Turner Brooks, a Vermont architect, has used them in a number of his houses. It does take time to find just the right window or door, though, he points out. Be sure to have all recycled elements on site and described in drawings before construction begins.

Off-the-shelf industrial building components are another means of saving money through low-energy construction. Framing and roofing used for warehouse and farm building are often surprisingly inexpensive and easily available. They use stamped metal or standard lumber in ways that stretch their efficiency through engineered design. Mike and Ellen Jantzen are designers who combine industrialized parts in an imaginative way that completely hides the original utilitarian purpose of the components. In one house in Carlyle, Ill., they used half of a 24-foot-diameter steel silo dome as the roof, filling in the rest with flat sheets of corrugated metal. Greenhouses (good for trapping sun and offering opportunity to grow food, flowers, and plants), quonset-type roofs, silo sections, engineered windows, and sliding glass doors are all factory-built items that can save time and energy on the building site.

Energy efficient space

It is not always cheaper to build less, but the exceptions to that premise are rare. Net Energy Analysis will provide an im-

Continued on page 44

ROBERT PERRON

Earth acts as insulation in this low tech house built into a hillside. Architect: Mark Simon, of Moore, Grover, Harper.

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ENERGY UPDATE

continued from page 42

mediate incentive to develop a plan in which space does double duty wherever possible. Even more important than the money saved by building a compact house is the energy saving that accrues over the years from having less space to heat. "Low tech" houses tend to have a large multipurpose space and relatively small private rooms. In many, only the main room is heated directly. Individual independent heating units warm other spaces as needed. The house contracts around a tight, heated core in winter and expands outward to enclosed porches and decks as warm weather comes.

Plumbing is designed so that little or no heat is needed when the house is unoccupied. Pipes are arranged so that all lines can be easily drained at a low point when you leave. The savings, where oil or electricity bills can amount to $200 per month, are considerable. It is true that a house shut up for some time can take two or three days to warm up when outside temperatures are low, but in the best "low tech" house, provision is made to use solar heat to help keep the interior well above freezing.

Weatherization tips

Ways of keeping cold and dampness out are considerations in "low tech" building. Good insulation, weatherstripping, and vapor barrier membranes which prevent interior moisture from seeping through walls and rotting the structure are essential. Multiple glazing (triple rather than standard double-paned windows are cost effective in climates where temperatures stay below freezing in winter), and paneled sheathing reduce crackage which allows cold winds to leak through. Elastomeric caulking, with its ability to expand and contract for many years, assures waterproof joints. "Low tech" building achieves maximum conservation of energy through cumulative means. Proper orientation of windows to the sun's path and blank walls to winter winds, coupled with the weatherization already described, can lead to a house which captures and retains warmth naturally. *(Continued on page 46)*

ROGER FESTER

Sod roof provides insulation and a lawn atop a house by architect Fernando Peixoto.

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General Electric's "Microwave Guide and Cookbook" that comes with the "Cooking Center" is much more than a recipe book. It's a complete how-to guide that takes the mystery out of microwave cooking with simple step-by-step lessons, recipes and 450 color photographs.

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The easy-to-clean ceramic glasstop cooking surface gives you an infinite choice of heat settings. The cooktop is also available with calrod units. The controls are conveniently placed at eye level next to the upper oven.

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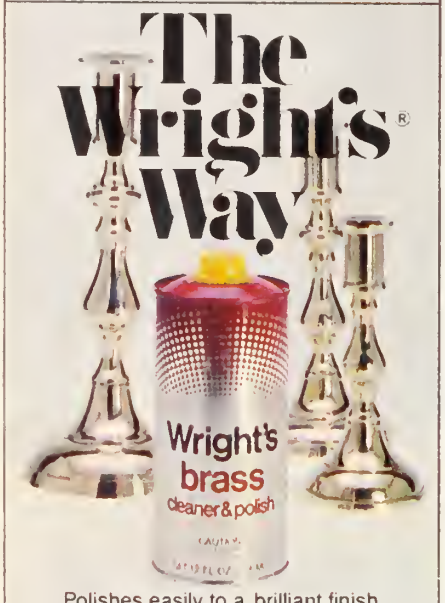

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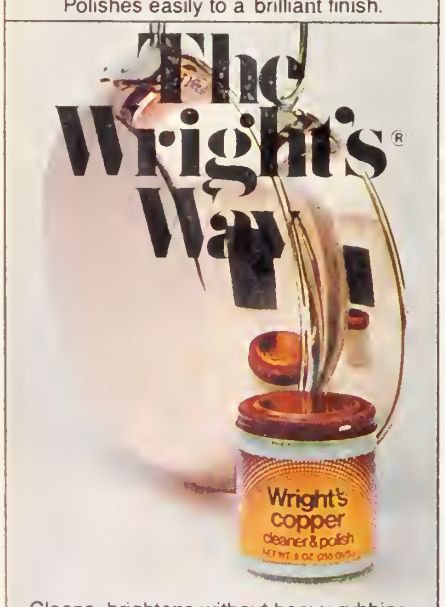

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ENERGY UPDATE

continued from page 44

Thermal mass heating

After proper orientation, the most important concept is "thermal mass." This mass is a large, heavy body of solid material, brick, stone, masonry, adobe, or even water, which captures sunlight during the day and radiates this heat into rooms at night. When the thermal mass is an exterior wall, insulated panels must be put in place on the outside as soon as the sun is no longer shining, to ensure all the heat radiates into the interior. When the thermal mass is used as a floor, it must be kept as free as possible of furniture and rugs when the sun shines on it, to absorb maximum solar energy. The Trombe wall (figure 1), developed in France by solar energy scientist Dr. Felix Trombe, is a thermal mass concept which is being used in America successfully. A massive wall, usually at least 18 inches of concrete, is placed on the southern side of the house. A glass wall is placed 2 or 3 inches outside of it. Slots in the bottom and top of the mass wall allow interior air to be pulled into the space between the glass and concrete, where it rises as the sun warms it. (See drawing.) Then it reenters the room at the top. This "thermosiphoning" effect creates a circular air movement. At night, if the Trombe wall is insulated from the outside, it also radiates heat to the interior. Trombe walls can be integrated into existing masonry houses quite easily. People who have experimented with them are enthusiastic about how heating bills can be reduced. The opaqueness of the Trombe wall can be a drawback, but architect Hal Dean has found one answer to this situation. He designed a house in Los Alamos, N.M., which incorporates 2,000 wine bottles filled with water. They are placed between the two glass walls through which warming air rises. (See figure 2.)

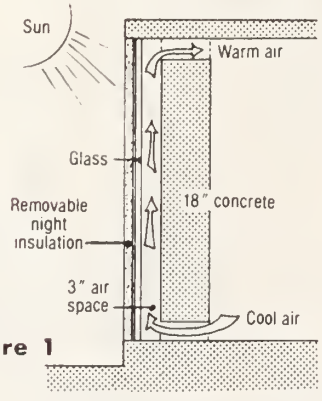


Figure 1

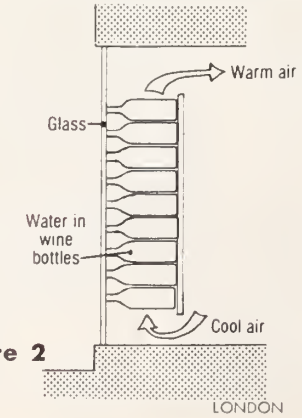


Figure 2

Earth-moving ideas

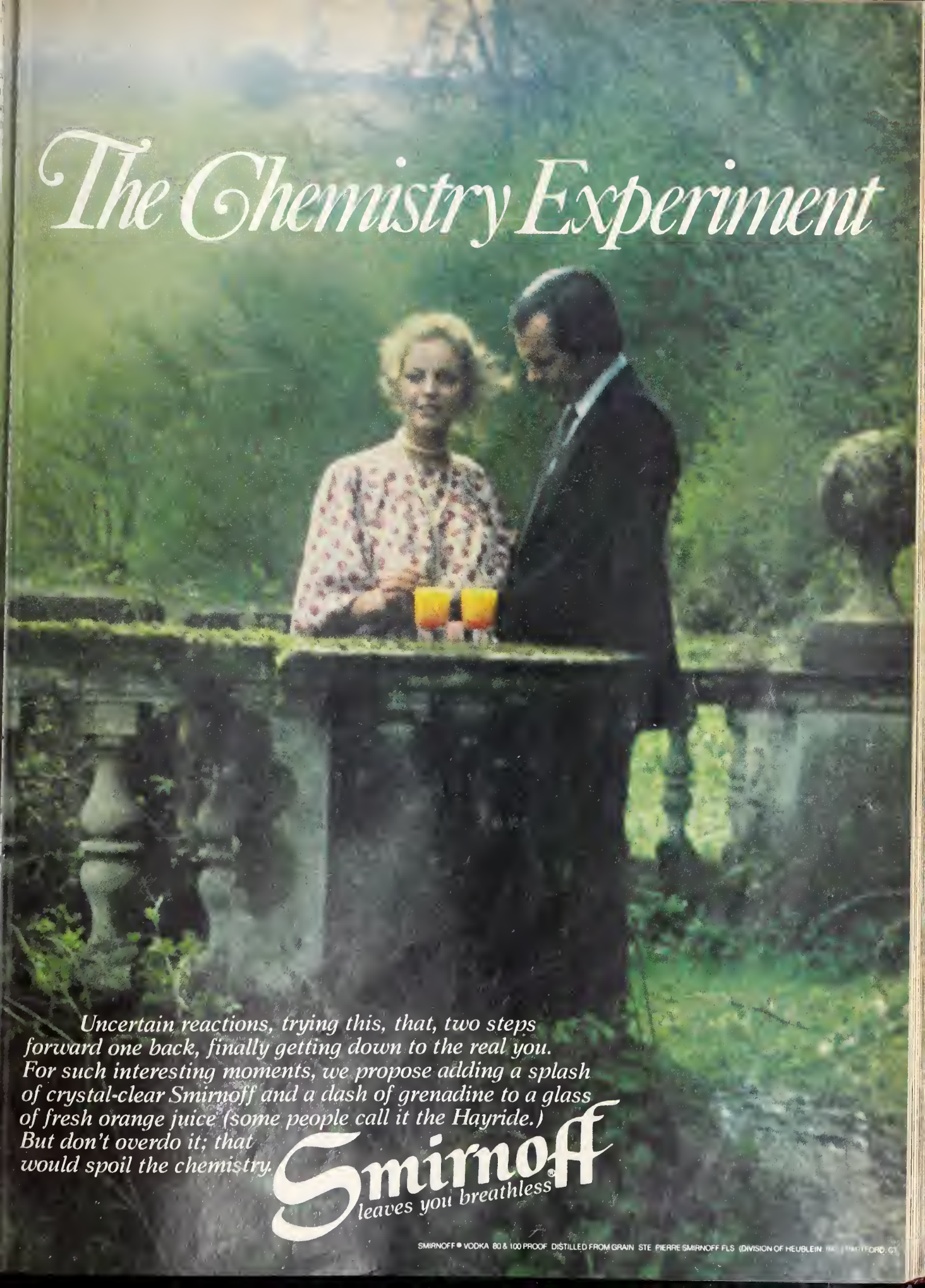
Earth plays a newly significant role in "low tech" building. Because the below-ground temperature remains constant year-round, in most places at 54 to 57 degrees Fahrenheit, the earth can be used to control temperature. Sod roofs up to 2 feet thick can provide dramatic energy savings, not to mention space for growing fresh vegetables. A well-supported 6-inch-thick reinforced concrete slab, waterproofed and well-drained, can carry 18 inches of soil. If you don't want to use the area for growing, then plant with grass and integrate the house into the landscape. Even berms (walls of earth) outside the house can save up to 30 percent of the heat required for an unprotected house of comparable size. The earth can come from excavations for foundations and floor.

For more information on this subject, get "Passive Design Ideas for the Energy Conscious Architect," a booklet published by the National Solar Heating and Cooling Information Center, Box 1607, Rockville, Md. 20850. It cites studies showing significant energy savings using earth.

Cheap power practice

In recent decades, we have centralized power supplies; now there are many people who are ready to move in the opposite direction. One way to *decentralize* and provide your house with an independent power source is with a wind generator like those used to pump water on farms until the early 50s. With intelligent use of light and other electric appliances, there may be no need for an outside electric source. Wood stoves are important in "low tech" building because they eliminate or reduce the need for oil or gas supply and use a replaceable energy source easily available in this country. (See page 72 for more on wood-burning stoves.) Steven Robinson's new book, *The Energy-Efficient House* (New American Library), gives a remarkably comprehensive list of ways to save operating costs by tuning a house into maximum energy efficiency. He devotes a chapter each to using wood for heating and wind generators. Today "low tech" living is a way of life for individuals who care, beyond dollars and cents, about practicing energy conservation for its own sake. It's a moral challenge. But it seems that the concept has growing appeal for its pragmatic and practical aspects. And where housing is concerned, this is what counts. ■

LONDON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DEAR HOUSE & GARDEN

Answers to your questions. Here we share some interesting letters from our readers. By Margaret Morse

Garden cut-up

Where can I find an engine-powered garden refuse shredder?

T.T.—Stone Ridge, N.Y.

Some manufacturers of freestanding and tractor- and trailer-mounted leaf shredders and wood chippers that handle logs up to 3 inches in diameter are:

Amerind-MacKissic Incorporated, Box 111, Parker Ford, Pa. 19457 (gasoline).

Lindig Manufacturing Corporation, 1877 West County Rd. C, St. Paul, Minn. 55113 (gasoline, diesel, and 110/115V electric).

W-W Grinder Corp., 2957 N. Market, Wichita, Kans. 67219 (gasoline and 115/230V electric—optional leaf vacuum attachment).

Do be sure to wear garden gloves and safety glasses whenever you operate or are in the immediate vicinity of any working shredder-grinder. Keep hands, feet, and any loose clothing away from any openings and moving parts.

Party table-turning

For entertaining, we usually rent a long folding party-supply table and camouflage it with a floor-length tablecover. We're very tired of renting. Do you know of a good modern table that seats a lot of people?

A.B.—New York, N.Y.

You no longer have to go to Sweden to get the clever gateleg table designed by Bruno Mathsson in 1939. It's now being imported by Dux Interiors. Of solid beech with a curly-birchwood top, it's 29 inches high, 43½ inches wide, and expands from 8 inches to just over 9 feet in length. With one gateleg open, it makes a handsome side table. In a natural blond finish, it is available at Danica in Beverly Hills and can also be ordered through your interior designer, architect, or department store decorating service from Dux Interiors, 305 E. 63rd St., New York, N.Y. 10021. (You can see the Mathsson table in our August, 1977 issue on page 63, in a private house.)

Wall works

Our summer dining room is too draughty to use in winter. We'd love to screen it off with a folding "wall." Any suggestions?

C.S.—Old Saybrook, Conn.

There are many folding doors that would

Continued on next page

Rice. And when you combine it with some sliced mushrooms, green peas and a few other good things, you've got yourself a terrific vegetable dish. Combined with meats or poultry, rice will make almost any meal go further and taste better—whether you're cooking for two...or six...or more. Because rice tastes great with everything and it's right there in your kitchen.

So tonight, throw open the cupboard doors and treat your family to rice. Starting with good-tasting Mushroom Rice—a quick, economical side dish that's really delicious. And it's easy...once you get the rice out.

Mushroom Rice

3 cups hot cooked rice, cooked in chicken broth
1 can (4 ounces) sliced mushrooms, drained
1 cup cooked green peas
2 tablespoons butter or margarine, melted
¼ teaspoon onion powder
Salt and pepper to taste
2 tablespoons diced pimiento

Combine rice, mushrooms, peas, butter, seasonings and pimiento. Heat until vegetables are hot, about 3 or 4 minutes. Toss lightly. Makes 6 servings.

For more easy-to-make rice recipes, write to: Rice Council of America, Dept. H, Box 22800, Houston, Texas 77027.

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DEAR HOUSE & GARDEN

continued from preceding page

be handsome draught-dodgers. Some have special sound-and-temperature-shielding cores: These "acoustical" doors, however, can be very heavy, and your ceiling would probably need professional reinforcing first. Lest "temperature-shielding" spark visions of lower fuel bills, remember that, whatever the door, in a cold, humid locale you must supply enough heat and ventilation to the otherwise-shut room over the winter so that moisture doesn't condense and hurt surfaces within.

Write manufacturers below for names of dealers near you. Check your Yellow Pages under "Doors," too. For any large or heavy door, professional installation is recommended.

Key to exteriors: WV-wood veneer. V-vinyl (many wood-look). PL-plastic laminate.

Clopay Corp., Interior Door Div., Clopay Sq., Cincinnati, Ohio 45214 (V)

Modernfold Doors, Inc., P.O. Box 310, New Castle, Ind. 47362 (V)

Panelfold, Inc., 10700 N.W. 36th Ave., Miami, Fla. 33167. (WV, PL, or rigid V)

Rolscreen Company, Pella, Iowa 40219 (WV, including some paneled, or V)

Wood Specialty Products Inc., 24300 W. 60th St., Mountlake Terr., Wash. 98043 (solid hemlock—custom painting, staining—or WV)

If you like louvers, you might consider having a skilled carpenter build a louvered folding track door for you: Query "Woodworkers" listed in your Yellow Pages.

"Precious" finishes

I adore the stone malachite and wonder how I might be able to simulate the look on my small wooden table.

—B.B., White Plains, N.Y.

For bombé chests and pieces with curved edges, paint that simulates malachite is the answer. Do check your local library for our August, 1964 issue, pages 108 and 109, for our story on fantasy "malachite" and "lapis lazuli" finishes done under the tutelage of Isabel O'Neil. Mrs. O'Neil's masterly techniques for simulated malachite and almost any other painted finish are described in great detail in her book *The Art of the Painted Finish for Furniture & Decoration.* Over 350 pages long, with color plates, a copy is available for $19.95 ppd. from Condé Nast Books, P.O. 3308, Grand Central Station, New York, N.Y. 10017.

To cover a Parsons table or other simple piece, you can buy realistic, glossy "malachite" and "lapis lazuli" paper. It comes in 26½-by-36½-inch sheets; any two sheets are $17.90 plus $2 shipping from Adventures In Crafts, 218 E. 81st St., New York, N.Y. 10028. (New York residents add sales tax.) Since the paper's stiff, you must paper the table top and sides separately. Dee Davis of Adventures In Crafts (catalogue $1) likes this method: Seal raw wood. Paint table black if "malachite" paper is going over it; dark navy if "lapis." Seal again to protect paint. Trace brown paper patterns of table top and sides. Position patterns on paper, using the prettiest area for the table top. Match design on adjacent sides of legs. Cut out "mineral" pieces. Glue to table with thorough coat of white glue such as Elmer's or Sobo, pressing out excess with a roller. Protect table top with a minimum of 3 coats of satin varnish, then a coat of white ("bowling alley") wax.

Gilt-edged leather . . .

I have a Victorian library table that is missing its leather panel. I've exhausted local leads for tooled leather—can you help?

W.D.C.—St. Petersburg, Fla.

A firm specializing in installing leather tabletops for furniture manufacturers and interior designers that accepts a number of mail orders for custom-cut, prestretched gold-tooled leather, too, is Robert Falotico Studios, 521 E. 72nd St., New York, N.Y. 10021. The tooling is said to be 23K-gold leaf; the leather top-grain English cowhide, which comes in eight colors—burgundy, sealing wax red, olive, bottle green, oak, mahogany, tobacco brown, and black. There's no catalogue—each small swatch is $1. If you send Mr. Falotico the dimensions you need, with a self-addressed stamped envelope, he'll send an estimate. Prices start at about $20 a square foot. Custom-dyeing, shipping, and taxes (where applicable) are additional.

To order, make an *exact* wrapping paper template of the area. Send it along with a check for 75 percent of the estimate and a note or snapshot indicating the period or style of your table, so that Mr. Falotico can choose an appropriate gold border for you.

You may wish to query two other firms that work in gold-tooled tabletop leather:

Artistic Leather Works, 43 E. 19th St., New York, N.Y. 10003 (which works in vinyl and lacquered fabric, too).

Froelich Leather Craft Co., Inc., 18 W. 18th St., New York, N.Y. 10011. (In 30 colors or matched to your swatch)

Note: If you own an antique that has its original leather panel, have an expert examine it before you change the leather. Removing the original leather may reduce its character and resale value.

. . . And how to apply it

I want to put new leather on an old table of mine. Can you tell me how to go about it?

J.H.D.—New York, N.Y.

By hand, gently pry away both old leather and glue with a paint scraper. Then

Continued on page 52

Put a friend on your brush.

There's something special about a close friend. In a relaxed way, you can always count on him. You can rely on Deft in the same way. Like a friend, it's easy, dependable. Deft dries crystal clear in only 30 minutes (recoat in 2 hours). Won't yellow or darken with age. Both seals and protects. And Deft is so easy to use, about the only mistake you can make is to apply too little. So the next time you finish furniture, panels, cabinets, arts and crafts, put a friend on your brush—Deft Clear Wood Finish.

DEFT

Deft, Inc., Irvine, CA 92714

Wild Oats.
Get 'em while they're hot.

Wild Oats is our answer to the back-to-nature phenomenon. Rugged, yet civilized, this oven-to-tableware goes happily into oven, dishwasher and freezer. (Safe for microwave ovens, too.) 45-pc. service for 8, $185; 20-pc. service for 4, $80; 5-pc. place setting, $25.75. (Buying by the set gives you substantial savings.) Wild Oats can be plain or fancy. It's all in how you slice it.

MIDWINTER FOR
Wedgwood
41 MADISON AVE. NY 10010

Wedgwood® is a registered trademark of Wedgwood Ltd.

Wild Oat 'n Orange Bread

2 cups flour	1½ cups rolled oats
¾ cup sugar	1 orange, rind & sections
4½ tsp. baking powder	2 eggs, beaten
½ tsp. baking soda	2 tbsp. melted butter
½ tsp. salt	1 cup water

Stir together first six items. Mix 1 tbsp. sugar with grated orange rind and diced sections. To eggs, add butter, orange mixture and water. Combine with flour mixture and pour into 1½ qt. greased casserole. Let rest 10 minutes. Bake 55 min. in preheated 350° oven. Serve hot or cold.

Let the unique clarity and sparkle of cristal d'Arques add a touch of romance to your table, wherever you set it.

And this extravagant full 24% lead crystal stemware is sensibly priced. So you now can afford complete settings, from water goblet to cordials, in the pattern of your choice.

It's no wonder that throughout France, from Deauville to Marseilles, the French word for crystal is cristal d'Arques.

cristal d'Arques ⚜

Fine French crystal you can really live with. by J. G. Durand

In all better gift and department stores. Selection of patterns starting at $5 a stem
Catalogue on request. Imported by J. G. Durand International, Dept. N, Millville, N.J. 08332

DEAR HOUSE & GARDEN

continued from page 50

sand with medium-coarse sandpaper. Remove dust. Fill any flaws with water-soluble spackle and let dry. The wood must be absolutely clean and smooth. Apply an even coat of water-soluble wallpaper paste or water-soluble hide glue. (Never use a plastic wood filler or a nonwater-soluble adhesive—they may hurt the wood and stain through the leather.) Press leather into place with a slightly damp cloth, working from the center out to remove *all* air bubbles and excess paste. If paste gets on the wood border, wipe it off promptly. If you place leather improperly, remove and reapply at once. Let dry overnight. Buff the leather with a clear paste wax. Rewax every six months.

Rising spirals

Who manufactured the metal spiral stair shown on page 107 of the June, 1978 issue?

W.R.K.—San Francisco, Calif.

The architectural firm that designed the house also designed the stairs. The parts—many custom-made—came from Bradfield Manufacturing Co., listed below with some other manufacturers.

Do shop through an architect or contractor if you want to have a ceiling opened for a stair. Don't choose too narrow a stair—one maker says the minimum radius most people find comfortable is 38 inches. On primary-access stairs, be sure the inside radius (minus balusters, etc.) will take your furniture.

Write manufacturers for literature. Then if you send them complete specifications (check your local building code office first for any restrictions), they will send you a price estimate. Shipping and any taxes are extra.

A firm that delivers spiral steel staircases each in one factory-welded, ready-to-install piece is Whitten Enterprises, Inc., P.O. Box 798, Bennington, Vt. 05201. For a catalogue, send Whitten 25¢.

Some firms that deliver spiral stairs knocked down, for your contractor or two clever "family mechanics" to assemble and install, are listed below.

Boston Design Corporation, 42 Plympton St., Boston, Mass. 02118. Free brochure.

Bradfield Manufacturing Co., 1682 Superior Ave., Costa Mesa, Calif. 92626. Free brochure.

Duvinage Corporation, P.O. Box 828, Hagerstown, Md. 21740. Free catalogue.

Mylen Industries, 640 Washington St., Peckskill, N.Y. 10566. Catalogue, 25¢ ppd.

Woodbridge Ornamental Iron Company, 2715 N. Clybourn Ave., Chicago, Ill. 60614. Free catalogue. ■

FOR EVERY HOME THERE IS A WESTWOOD.

Westwood lamps are pure elegance. Their graceful bases have been inspired by antique treasures. Adapted and handcrafted by us in fine metals. Their shades are perfectly proportioned and handmade, of course. Choose your Westwood from the Westwood Experience in fine stores across the country. From $800 down.

Westwood Lamps by Burlington.

Westwood, 177 Genesee Avenue, Paterson, New Jersey 07503. A Division of Burlington Industries.
For name of nearest dealer, call 800-528-6050 toll free. Arizona residents call 1-800-352-0458.

THINKING MACHINES FOR EVERY ROOM

Electronic marvels to streamline your housekeeping

It's not unusual to find a computer in the kitchen, nowadays, a "brain" in your blender, a memory in your cassette tape deck. Tiny microprocessors, or computers on a chip, are turning appliances, telephones, and musical equipment into thinking machines. Here, a selection of products for all over the house that can make life easier from the moment you wake up to the time you go to bed—even while you sleep.

Two timer
Two wake-up times can be programmed into this AM/FM electronic digital clock radio. Digits move forward or reverse for easy setting. The "His 'n Hers" clock-radio by General Electric. $67.95.

Cassette deck with memory power
Front-loading stereo cassette deck with electronic memory can be programmed to rewind and replay a tape for as long as you want. Its fluorescent indicator (more accurate than conventional needle indicators) shows the best recording level. And you can monitor a tape as it's being recorded. Model CT-F900. About $500. By U.S. Pioneer.

Sound flash
Stereo receiver doubles its power when the music demands, to prevent distortion. The SR 2004 receiver by Hitachi. $1,095.

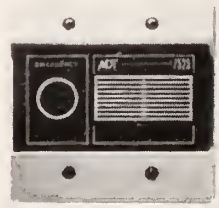
Wonder oven
Just select one of 6 cooking programs for the type of food you're preparing and this microwave oven does the rest. Inside, a glass turntable slowly rotates food, eliminating the need to reposition food as it cooks. You can preprogram the oven to start cooking when you're gone. "The Genius" microwave oven. $629.95. By Panasonic.

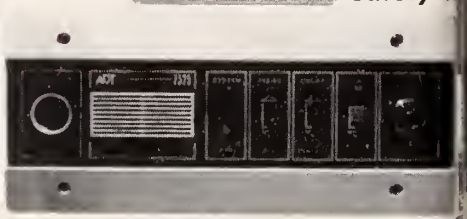
Smooth touch
The electronic touch control panel makes dials and knobs unnecessary on this turntable and its companion receiver. Just one touch turns the unit on, selects the correct speed, begins play. The Beogram 2400 turntable, $350. Volume is adjusted on the receiver by resting your finger on the appropriate position until a satisfactory level is reached. The Beomaster 1900 receiver, $495. The bookshelf speakers (19 by 10 by 8 inches) are small and easy to place, send out sound in an are that eliminates distortion. S-45-2 loudspeakers. $300 a pair. All by Bang & Olufsen.

Safety first
Protect your home with an electronic fire and theft security alarm system. It can be connected to one of 140 computerized alarm stations across the country for direct summoning of police and

Continued on page 58

Wonder oven





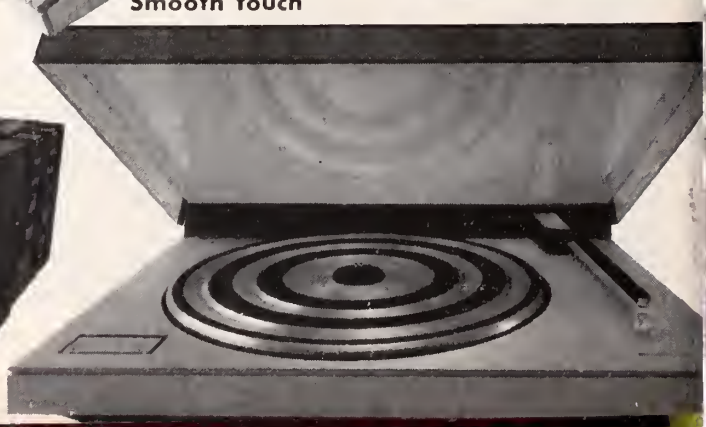
Safety fi

Two timer

Super phone

Cassette deck with memory power

Sound flash



Smooth touch

TOM YEE

Real Ceramic Tile. It frees you from the tedium of home on the range.

The more places you use American Olean ceramic tile, the more you'll discover how carefree a kitchen can be. Glazed tile is perfect for around the range and behind it because grease wipes off with a sponge. It's sensible for counter tops because it can't burn, blister or scorch. And it's ideal for floors because it never needs waxing. And probably will never need replacing. Visit an American Olean Color Center listed in the Yellow Pages and see the hundreds of appealing tile colors, textures, and shapes. For three colorful brochures and plans for this kitchen mail 50¢ to: American Olean Tile Company, 2564 Cannon Avenue, Lansdale, Pa. 19446.

American Olean Tile

A National Gypsum Company

American Olean is Ceramic Tile.

Photo No. 1830

Products: Floor: Primitive® Hearth. Walls and Counters: Tuscany® Cloud

Golden

Kings
only 8 mg. tar

Taste so good you won't believe they're

20	13	17	12	11	17	16	16
MG. TAR 1.3 MG. NIC.	MG. TAR 0.9 MG. NIC.	MG. TAR 1.0 MG. NIC.	MG. TAR 0.8 MG. NIC.	MG. TAR 0.8 MG. NIC.	MG. TAR 1.4 MG. NIC.	MG. TAR 1.1 MG. NIC.	MG. TAR 1.1 MG. NIC.

Source of all 'tar' and nicotine disclosures in this ad is either FTC Report May 1978 or FTC Method.
Of All Brands Sold: Lowest tar: 0.5 mg. 'tar,' 0.05 mg. nicotine av. per cigarette, FTC Report May 1978.
Golden Lights: Kings — 8 mg. 'tar,' 0.7 mg. nicotine;
100's — 10 mg. 'tar,' 0.9 mg. nicotine av. per cigarette by FTC Method.

Lights

100's only 10 mg. tar

ower in tar than all these brands:

19	13	19	17	12	11	19	18
MG. TAR MG. NIC.	MG. TAR 1.0 MG. NIC.	MG. TAR 1.3 MG. NIC.	MG. TAR 1.1 MG. NIC.	MG. TAR 0.8 MG. NIC.	MG. TAR 0.7 MG. NIC.	MG. TAR 1.4 MG. NIC.	MG. TAR 1.3 MG. NIC.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

JUSTERINI & BROOKS Founded 1749

Many try,
but none succeed.
You just can't copy
a true original.

Because it's rare.

86 Proof Blended Scotch Whisky © 1978 Paddington Corp., N.Y.

THINKING MACHINES FOR EVERY ROOM

continued from page 54

fire fighters. Shown here, the main control panel and remote control bedroom panel—the nerve centers of the system. System 7525 by ADT. From $795.

Super phone
Do-it-all telephone has a built-in calculator, a digital alarm clock and calendar, and a timer for both incoming and outgoing calls. It remembers the last phone number you called, so you can call again by simply pressing a single digit. It adapts to all dial systems, is easy to install. "The Conversation Piece" by Data Phone. $295. At Joal Fifth Avenue, New York, N.Y. 10019.

Hi-Fi angle
Speakers send out sound waves in 3 angled patterns to bounce them off walls and ceilings, and fill the room with concert-hall music. Model 501 "Direct/Reflecting Speaker System" by Bose. $398 a pair. At Harvey Sound, New York, N.Y. 10018.

Wash and dry twins
The electronic touch controls on this washer and dryer make laundry simple. Just tell the machines what kind of fabric you're washing or drying—then the electronic circuits take over. The solid state washer, Model LFA 9800, $429.95. The dryer has a removable rack for tennis shoes, toys, pillows. Permanent press cycle automatically tumbles clothes in cool air every 5 minutes for up to 40 minutes to prevent wrinkling. Model LFE 9800. $325.95. Whirlpool.

Continued on page 100

THE WILDFLOWER™ DECORATION. NOW IT'S ON CORELLE® EXPRESSIONS LIVINGWARE AND CORNING WARE® COOKWARE.

The Wildflower decoration is one of the most popular Corning Ware cookware has ever had. Because it makes going from the freezer to the oven to the table so beautiful.

And now you can find the same Wildflower pattern on Corelle Expressions livingware.

These light, summery blossoms perk up any table and make the most of any color scheme.

And because they're on Corelle Expressions dinnerware, you know their beauty isn't fragile. They'll last through years of everyday use. And their petals won't fade—even in the dishwasher.

The Wildflower pattern. Now on Corelle Expressions livingware. Fresh flowers were never so practical.

CORNING

CORNING WARE and CORELLE are registered trademarks of Corning Glass Works, Corning, N.Y. 14830

By Richard and Jean Taylor

AUTO SUGGESTIONS

Investing in vintage cars

How to buy, restore, maintain, and enjoy a car classic

Recent articles in financial papers like *Forbes, Business Week,* and *The Wall Street Journal* advised their readers to put their money into old cars. Old cars are a favorite investment in these days of the lagging stock market. Money can be made in buying and selling them. But investing wisely in old cars is just like investing in cocoa futures, a condominium in Caracas, or anything else—unless you know what you're doing, you can easily make mistakes.

The average new car bought in America in 1978 cost $6,500. But nearly all of these new cars will lose more than 50 percent of their value within the first three years. You lose $100 a month in depreciation when you buy an average new car. Old cars, on the other hand, appreciate in value if you buy well and treat them properly. You can count on making at least 15 percent a year on a $6,000 old car, which is a lot better than the Dow Jones is doing. Then too, if you drive your old car on a regular basis (and some make handy second cars), you can eliminate the depreciation on a new car, so your real profit will be in the neighborhood of 30 percent annually.

Antique cars

There are five general categories of old cars, and each is suitable for a different kind of use and appeals to a different kind of person. Really old cars, those Edwardian carriages covered with brass trim and fancy pin-striping, are called Antiques. As a general rule, any car built before 1925 is an Antique. Before buying any Antique, be sure to check with the Antique Automobile Club of America, which has a list of recognized makes similar to the American Kennel Club's list of breeds. Antique cars are obviously very rare, charming, and quirky. Replacing a worn-out part can sometimes be impossible. Probably your best choice in this category is the Model T Ford. These cars cost between $3,000 and $6,000, depending on body shape and condition, and since there were 17 million Model Ts built originally, there are still thousands left. Production parts are easy to obtain; in fact, it's possible even to build a complete Model T Ford from all new parts.

TAYLOR/CONSTANTINE

Milestone Era '49 Buick Roadmaster with fastback. Value today about $5,000.

Classic cars

The period between 1925 and the start of World War II is considered the Classic age of the motorcar. These are the cars that sell for $150,000 and $200,000 in well-publicized auctions, and Duesenberg, Bentley, Packard, Cord, Bugatti, and Auburn are the leading names. Most of these cars are owned by museums or a small group of enthusiastic collectors. Classic cars are judged on a scale according to perfection. A "100-point" Classic would be perfect in every way, a practical impossibility. A 98-point car is usually good enough to win any show in this country. A major Classic like the Duesenberg SJ might sell for $50,000 in condition good enough to restore. Making it look like new might take anywhere from 6 months to 3 years and can cost over $100,000. So investing in major Classics is not something to jump into lightly. Read everything you can find about Classic car investments before you take this plunge.

Special-interest cars

Non-Classic cars of the twenties and thirties are called Special-Interest. There are some specific models of old Fords, 1932 V-8 roadsters, 1939 convertibles that are worth as much as some of the genuine Classics. But the average Special-Interest car is worth under $5,000 in good condition. Special-Interest cars are about the oldest you can reasonably consider for transportation, since they have enough pep to drive on the highway at normal speed limits. As with Antiques, Fords are the best buys for neophyte collectors. There's always a ready market when you want to sell, lots of spare parts, and a plethora of mechanics to help out if something goes wrong. You'll find four-door sedans are cheapest. Two-door sedans and coupes are generally priced in the middle, while convertibles, roadsters, and phaetons are most expensive. The axiom is: If the top goes down, the price goes up. Condition is important as well. But car collectors worry about "originality," too. If a 1959 Ford had mohair upholstery when it was new but has been restored with modern vinyl, then it's not worth as much. To protect yourself, join the club for whatever kind of car you want to buy, link up with a knowledgeable member, and take him along to look at any car you intend to purchase. In the Special-Interest category, 1937 Fords are still appreciating at a rapid rate. And as long-term investment, Jaguars are currently undervalued.

Milestone cars

The most exciting collector cars, the ones whose prices are currently skyrocketing are those built after World War II. These high-quality cars from the fifties and sixties are called Milestone cars and appear on a list of Certified Milestones kept by the Milestone Car Society. They include names like Rolls-Royce, Ferrari, Mercedes-Benz, and Maserati. Many of these cars are as rare and expensive as any 40-year-old Classic. On the other hand, there are some Milestone cars still priced under $3,000 which are sure to appreciate. These are real automobiles, not "horseless carriages" and actually many have the same chassis and running gear used in many modern cars of today. Chevrolet's famous "smallblock" V-8 now used by all General Motors divisions, for example, first appeared in 1955, the 1979 Rolls-Royce is driven by an engine first produced in 1958, and Jaguar has been using the same 6-cylinder engines since 1948. Parts for Mile-

Continued on page 64

Collector's car insurance

One money-saving aspect of owning an old car is the insurance. Any car older than 1960 and Milestone cars older than 1964 can be insured with special old car insurance. The only restriction on this insurance is that you have a "normal" car to use for most driving and keep your old car for special trips totalling less than 2,500 miles a year. Old car insurance is much cheaper than normal coverage, because the owner of an irreplaceable old car is obviously a very careful driver. If you expect to drive your old car every day, this special insurance won't apply. But you can still sometimes negotiate conventional automobile insurance at a discount for an old car.

FOR PEOPLE WHO SLEEP TOGETHER BUT DON'T WANT TO WAKE UP TOGETHER. THE GE 'HIS 'N HERS' CLOCK RADIO.

Two people need two alarms. If he wants to set his at 6AM to go jogging, fine. She can set hers for later.

That's what this great General Electric Electronic Digital Clock Radio is all about. You can set it for two different wake-up times. And it will wake each of you at these times every day, until it's reset or turned off. It wakes you to music. Or to a gentle tone alarm. Today's technology provides other great features. Like an easy-to-read time and alarm display that can be adjusted forward or backward. An earphone jack for private listening. A control to adjust the brightness of the time display for your comfort.

THE NEW GE 'HIS 'N HERS' ELECTRONIC DIGITAL CLOCK RADIO

It even displays the month and date at the push of a button. And because it's electronic, it's accurate and quiet.

The GE 'His 'N Hers' Clock Radio. With two separate wake-up times.

Model 7-4685

GENERAL ELECTRIC

The E.P.T.® In-Home Early Pregnancy Test is a private little revolution any woman can easily buy at her drugstore.

It is highly accurate. Millions of women today in 13 European countries use this testing method. Now its high accuracy rate has been verified here in America by doctors who clinically confirmed the results of tests performed by women themselves in their own homes.

That means you can confidently do this easy pregnancy test yourself—privately—right at home without waiting for appointments or delays. That simple difference is the result of many years of costly research. And it's worth every penny.

At last, early knowledge of pregnancy belongs easily and accurately to us all. It's simple. Fast. And there is no risk, no physical danger whatever, in doing it because a sample of your first morning urine is all that's needed for the test.

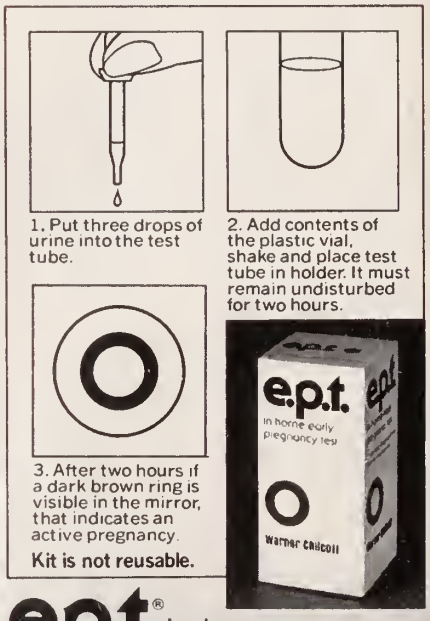
As soon as you become pregnant, your body starts to produce a special hormone—HCG. Starting on the 9th day after the date you expected your menstrual period to begin, there should be sufficient concentration of HCG in your urine to give an accurate reading of pregnancy. And that's all there is to it. Follow the test directions with care, and three drops of urine can tell you quickly and easily what you want to know.

If you get a positive reading, you can assume you are pregnant. Such positive pregnancy readings in our clinical tests proved to be 97% accurate. If your reading is negative, your overdue period should begin soon. If a week passes and you still have not started menstruating, you should take a second E.P.T. test because there may not have been sufficient HCG in your urine at the time of the first test, or you may have miscalculated your period. Negative readings on a first test are about 80% accurate; on repeat testing one week later they are 91% accurate. If your second test result is still negative and your period has not begun, we urge you to consult your doctor as soon as possible.

E.P.T. is very simple to do, but it is important that you follow the instructions carefully to insure an accurate reading.

E.P.T. Early Pregnancy Test gives women a new power, the power of time to help control the quality of their pregnancies.

The first 60 days are critical in fetal development. Improper nutrition, cigarettes, alcohol, even commonly used household medications can be harmful in these crucial first 60 days before most women even know for sure that they are pregnant. Now with E.P.T. you can know. Now, when you call your doctor, you have the results of your test to report. And time is on your side at last.



e.p.t.® in-home early pregnancy test

At last, an accurate early pregnancy test that women can do at home quickly, safely and very easily.

THE MOST COMPLETE BOOK OF ITS KIND

VOGUE®

SOCIAL DIARY AND ENGAGEMENT CALENDAR 1979

$15

Never forget another important birthday!

Never repeat the same menu to the same guests!

Never get billed for a forgotten appointment!

Never forget Aunt Sue's sweater size again!

Organize your life with the VOGUE SOCIAL DIARY AND ENGAGEMENT CALENDAR 1979

It's new! It's efficient! It's beautiful! Examine it for 10 days without obligation!

It's a time-organizer: three years of calendars, with 1979 divided into a week per page, with daily space for appointments, notes, records!

It's a record-keeper: birthdays, anniversaries, greeting cards, clothing sizes, automobile essentials, insurance/credit card/banking numbers

It's a telephone aid: frequently-called numbers, emergency numbers, hostess-help services and personnel numbers

It's party help: 20 Party Planner pages (guest list, menu, table-arrangement and seating diagram), a party-needs checklist, napkin folds, glassware checklist, full-color table settings, menus, recipes, drinks

It's travel service: a getaway checklist (from passport to laundry soap); American-European conversions of weights, measures, clothing sizes

VOGUE planned its SOCIAL DIARY AND ENGAGEMENT CALENDAR to fulfill many needs the whole year through, and become an instant record for handy back reference. **Cover to beautiful cover, it's the only book of its kind!** Order your VOGUE SOCIAL DIARY AND ENGAGEMENT CALENDAR today—and several to give to your good friends. Remember—if it's less than you expect, simply return it within 10 days, and your payment will be refunded! You're going to love it—and wonder why VOGUE didn't think of it sooner!

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P.O. Box 3308, Grand Central Station
New York, NY 10017 V9

☐ Yes, please send me_____copy(s) of the VOGUE SOCIAL DIARY AND ENGAGEMENT CALENDAR for only $15.00 (plus 60¢ for postage and handling). Total: $15.60 per copy. If I am not delighted, I may return the calendar within 10 days for a complete refund.

Please make check payable to CONDÉ NAST BOOKS.

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Address _____
City _____
State_____Zip _____
Please bill my
☐ American Express ☐ Visa ☐ Master Charge
Card number_____Expires _____
Signature _____

Why do so many people replace their dishwashers with KitchenAid?

Live with a dishwasher awhile, and you learn a few things about it.

Like how well it cleans. How seldom it needs repair. And how long it lasts.

That's why so many people think KitchenAid dishwashers are such a good value. They say things like, "Built solid, very dependable."

"Gets everything clean without hand rinsing, even dirty pans."

"Needs few repairs."

"Lasts a long time. Uses less hot water; saves on electricity."

"Can load it any way I like and everything comes out clean."

And people who've had experience with dishwashers don't merely think KitchenAid is best.

They buy it.

These are just some of the reasons why, over the years, so many people have replaced their dishwashers with KitchenAid.

And good reasons to buy KitchenAid to begin with.

KitchenAid.® Because it's worth it.

Hobart Corporation, Troy, Ohio 45374.

AUTO SUGGESTIONS

continued from page 60

stone cars are obviously easier to find and less expensive than those for older cars. Milestones are where investors have made big money. The Ford-powered Cobra sportscar built between 1962 and 1967 cost less than $6,000 new, for example, yet a 1967 Cobra 427 is today worth over $30,000 in good original condition. At a much lower price level, 1965 and '66 Mustang convertibles that were $500 in used-car lots 2 years ago are now collector items worth anywhere from $2,500 to $5,000. Milestone cars generally appeal to people, and they tend to be driven as everyday or second cars.

Milestone era cars

The least expensive collector cars are Milestone Era cars, the equivalent of Special-Interest cars of the prewar period. Milestone Era cars look old but don't cost very much. Unless you happen to pick up on a special car that collectors haven't discovered yet, you won't have a guaranteed investment with a Milestone Era car. On the other hand, many inexpensive Milestone Era cars are low-mileage original cars that won't need restoration or any great investment before you can start enjoying them.

How to shop for an old car

Shopping for a collector car is just like buying any used car. You should look for rusted spots on the body and chassis, smoke, funny noises, and signs of abuse. A good rule before investing is to figure out how much you can afford and then deduct 25 percent. The 25 percent will go for unforseen repairs that do crop up when you buy an old car. Many people buy an old car in sad condition figuring to save money by restoring it themselves. This is perfectly fine if you're the sort of person who knows how to do things, has free time, and enjoys getting your hands dirty. If you are not, the better way is to buy a car that someone else has professionally restored. When you start looking at car advertisements, you will see items described as "good original" or "good restored." These are the types of cars you should be looking for. "Good original" means the car has never had to be restored, which is often the best buy of all.

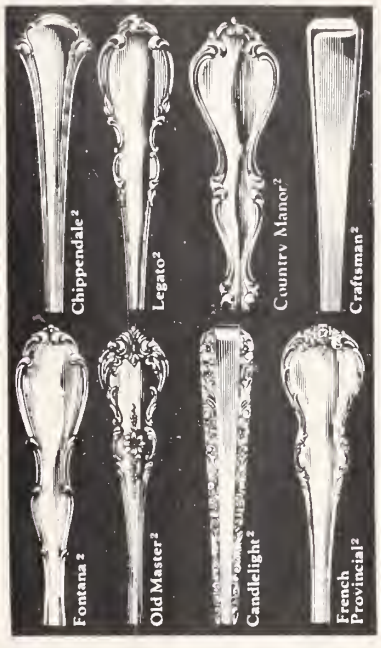
There are three places to find old cars. National magazines like *Hemmings, Motor News* and *Cars and Parts* consist solely of classified ads for old cars of every description, and this is a good source to find out what's available and how much it will cost. *The New York Times* has a fairly extensive old car classified section in the Sunday edition, with ads from many parts of the country. And

Continued on page 66

40% off on Towle Sterling

GROUP I

GROUP II



GROUP III

SETS	GROUP I		GROUP II		GROUP III	
PLACE SIZE	Reg. Price	40% Off Price	Reg. Price	40% Off Price	Reg. Price	40% Off Price
32-Pc. Set	$1280.00	$768.00	$1456.00	$873.60	$1672.00	$1003.20
24-Monthly Payments	$32.00		$36.40		$41.80	

PLACE PIECES	GROUP I		GROUP II		GROUP III	
	Reg. Price	40% Off Price	Reg. Price	40% Off Price	Reg. Price	40% Off Price
Teaspoon	$27.00	$16.20	$33.00	$19.80	$39.00	$23.40
Place Fork	47.50	28.50	54.00	32.40	63.00	37.80
Place Knife	44.00	26.40	47.50	28.50	53.00	31.80
Salad Fork	41.50	24.90	47.50	28.50	54.00	32.40

Partial listings only above. Complete sale price list available upon request.

Order direct from Carter's, one of America's largest and most respected silver dealers. Your money returned if not completely satisfied. Save 40% on 32-Piece Sets for 8, (8 teaspoons, knives, forks and salad forks) and receive a 4-Piece Coffee Set FREE. ($150.00 retail value). All active patterns and pieces 40% off regular prices.

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No. of Pcs.	Name of Piece	Unit Price	Total Price
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____ of	____ @	$ ____ each	$ ____
____ of	____ @	$ ____ each	$ ____
____ of	____ @	$ ____ each	$ ____

Name _____
Address _____
City _____ State _____ Zip _____

☐ Check enclosed for the full amount, (Miss. residents add 5% sales tax) or choose one of the following methods of payment.
☐ Charge my account number _____
☐ Master Charge No. _____ Exp. Date _____
☐ VISA No. _____ Exp. Date _____
☐ American Express No. _____ Exp. Date _____
☐ I wish to pay on the Silver Club Plan
(Fill in the following information only if you are using Silver Club Plan)
Credit References _____

Offer good through January 6, 1979.
We pay shipping costs (No sales tax, unless a Miss. resident.)
Satisfaction guaranteed or your money returned.

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AUTO SUGGESTIONS

continued from page 64

finally, for less expensive old cars, local newspapers and *Pennysavers* carry classifieds. Prices are usually lower in the local papers, but the quality of the cars is apt to be lower, too.

There are literally hundreds of specialized clubs for owners of almost any old car, from Alfa Romeo to Volvo. Most of them publish a regular newsletter with classified ads, finance reproductions of hard-to-find parts, and sponsor club events. You should join the club for your make just to have a source of parts and information. If you'll tell us what kind of old car you're interested in, we can put you in touch with the club you need. Send a stamped, self-addressed postcard or envelope to Richard and Jean Taylor, Auto Suggestions, House & Garden Magazine, 350 Madison Avenue, New York, N.Y. 10017.

Owning a Milestone

Our 1957 Chevrolet Nomad looks like an old two-door station wagon, but it is an important collector's item. There were only 6,534 built in that year and at $2,857, the Nomad was the most expensive Chevrolet in the line. The Nomad is the only Chevrolet model that's certified as a Milestone, and the National Nomad Club has over 2,000 members. All the mechanical parts are still readily available and any mechanic in the country knows how to fix the 283-cubic-inch small block V-8 engine. It will cruise at comfortably fast speeds, and with power steering, brakes, and windows, it's as easy to drive as a modern car. Since it's a station wagon, you can carry loads in the back.

Cost worked out as follows: $2,100 for the car, rust-free, undented, with a rebuilt engine and transmission. $800 for replating chrome trim, and $1,200 for repainting, replacing chrome trim, and spraying the inside and under the chassis with rustproofing; $500 for reproduction interior just like the original (we installed this ourselves); $400 for new tires and miscellaneous trim pieces. Total cost: $5,000.

A comparable Nomad is worth between $5,500 and $6,000, while top-condition showcars in this category are bringing prices between $12,000 and $15,000. In five years, our Nomad should be approaching $10,000. With a reasonable amount of care, it will still look new years from now and will have provided thousands of enjoyable miles. It's a brilliant choice for a second car.

Sources of information

Old car periodicals

Automobile Quarterly
221 Nassau Street
Princeton, N.J. 08540
AQ is a hard-cover quarterly, four-color throughout, that's the class of old car magazines. It's expensive, but issues are collected with the same fervor as old cars themselves. No advertising. $24.50 per year.

Car Classics
Box 547, Chatsworth, Calif. 91311
Car Classics covers a broad range of cars from horseless carriages to the newest Mercedes, and also treats fiberglass-bodied "replicars" that look like old cars but aren't. Six issues a year. No classifieds. $8.95 per year.

Car & Parts
Box 299, Sesser, Ill. 62884
Hundreds of pages of classified ads from all over the world, along with regular columns and historical articles. Reading classifieds is the fastest way to learn what sort of cars are available and how much they cost. Monthly. $7.50 per year.

Hemmings Motor News
Box 380, Bennington, Vt. 05201
Deliberately folksy classified ads wrapped in plain brown paper and printed on newsprint, but with the largest listing of old cars for sale. *Hemmings* has the widest circulation of any old-car publication. Monthly. $6.75 per year.

The Milestone Car
Box 18, Nyack, N.Y. 10960
A soft-cover quarterly with the same horizontal format and high-quality production as *AQ*, but dealing solely with post-war Milestone cars. No advertising. $16 per year.

Old Cars
Iola, Wis. 54945
A weekly newspaper with reports on auctions, meets, shows, and other happenings in the hobby. Some classifieds, but not as extensive as those in *Hemmings* or *Cars & Parts*. $11.50 per year.

Special-Interest Autos
Box 192, Bennington, Vt. 05201
Published by Hemmings, *SIA* concentrates on the history of obscure cars, do-it-yourself features, and automotive trivia. Six issues a year. No classifieds. $7 per year.

Old car clubs

There are three large clubs that deal with cars of all makes from a certain era—AACA, 1895-1925; CCCA, 1925-1948; MCS, 1945-1967—and all three sponsor numerous social events and concourse shows. They'll also provide you with needed information.

Antique Automobile Club of America
501 West Governor Road
Hershey, Pa. 17033
$11.50 per year (includes a subscription to *Antique Automobile*).

Classic Car Club of America
Box 443, Madison, N.J.
$17 per year (includes a subscription to *The Classic Car*).

Milestone Car Society
4716 East 75th Street
Indianapolis, Ind. 46250
$20 per year (includes a subscription to *The Milestone Car*). ■

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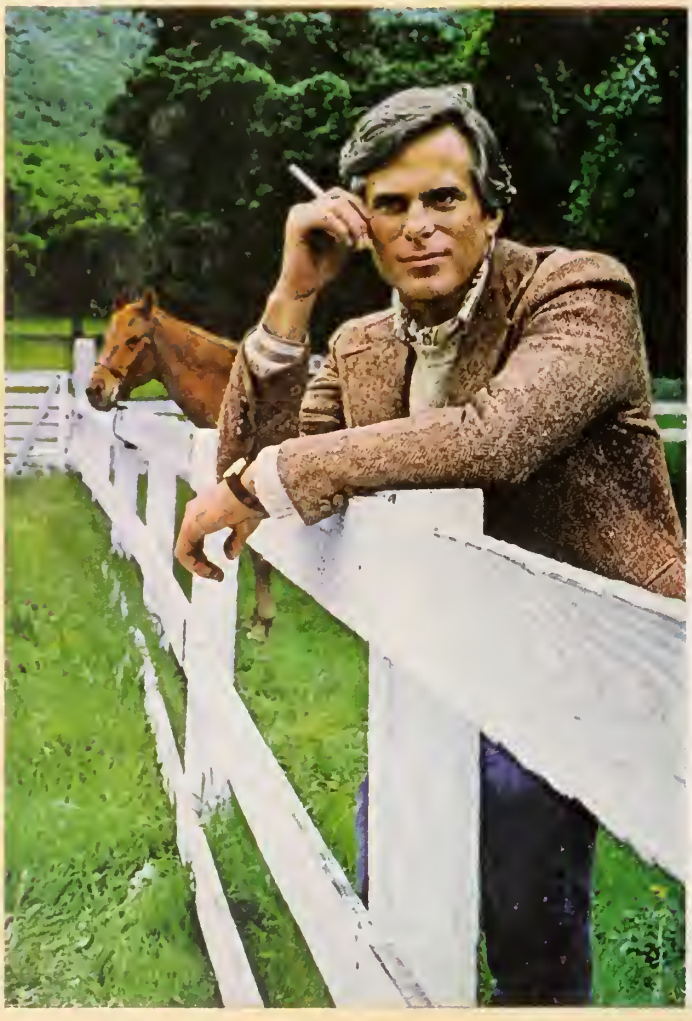

Like many people you may recently have switched to a lower tar cigarette, with milder flavor.

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Now has only 2 mg. tar. And bear this in mind: today's Now has the most satisfying taste in any cigarette so low in tar.

Only 2 mg tar. Significantly lower than 98% of all cigarettes sold.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

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PLANTS AROUND THE HOUSE

ll about ivy

w to grow true ivies, tend ivies, and other npant climbers

Richard Langer

e of the most popular groups of ıse plants available today is the ivies. st are easy to care for and lushly en; they grow quickly and come in a iety of interesting leaf shapes. Most them aren't ivies, however, even ugh they have ivy's climbing and curl- nature. They're interlopers such as ivy, parlor ivy, and German ivy, ich are botanically unrelated to the ıus. True ivy belongs to the genus *dera*, represented by the common En- sh ivy, *H. Helix*, so often seen out- ors as a ground cover and as a climber stone walls. English ivy also makes a ry durable house plant.

ROBERT LAUTMAN

Above: *Grape ivy in copper-lined troughs rim room by Ann Hartman.* Right: *Hanging baskets of the same Cissus rhombifolia and a lacy verbena in Renée Graubart's conservatory.*

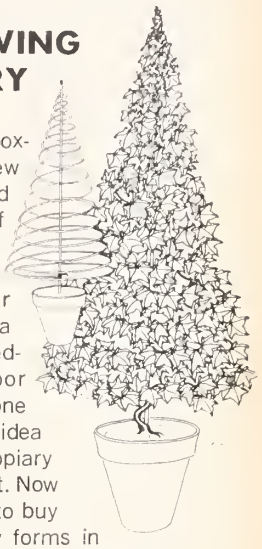
The species name *Helix* has a story all o itself. Darwin noted that during the assing of a day, the plant that was orig- nally leaning slightly to the north "will e found gradually to bend more and nore easterly until it faces east; and so nwards to the south, then to the west nd back to the north." This movement ccurs in all parts of any plant as it grows. Even the underground sprouts wist, or circumnutate, almost drilling hrough the soil. In some plants, espe- cially the ivies and other climbers, this spiral motion—or helix pattern—is ac- centuated, enabling the plant to reach out and grab something to climb on. It also gives the ivy its name, *Helix*.

Among true ivies, there are many to choose from for indoor gardening. There's the slow-growing but pleasantly bushy 'Conglomerata.' There's 'Glacier,' with variegated triangular leaves. 'Curli-locks' has crested leaves not unlike gigantic parsley, while 'Manda's Crested' has reddish stalks and rosy-edged leaves to add some color as well as form to an indoor garden. And that's only for starters. There are dozens of ivies to grow if you become a collector, including such strangely named ones as '238th Street,' a variety discovered back in 1935 by T.H. Everett, then Director of Horticulture at the New York Botanical Gardens, when he walked by the Church of the Good Shepherd at Matilda Avenue and—you guessed it—238th Street, in the Bronx.

The care of ivy is simplicity itself. About the only thing *H. Helix* and its many hybrids are fussy about is heat. They don't like daytime temperatures much above the low 70s, except in the summertime. When growing them indoors, then, the best location is close to a window where they will be cool. The window should be one with good light, but not more than an hour or so of direct sun, so the plants don't get too hot. Ivies actually do well in an air-conditioned environment, as long as there is no direct draft. This factor, along with their easy-to-care-for nature, makes them ideal for offices and other places where neglect occasionally occurs. Ivies are not fussy

Continued on page 71

FAST-GROWING IVY TOPIARY



The topiaries of box-wood, privet, and yew that grace the old formal gardens of estates and castles need ten years or more to take their shape—not exactly a pastime for a speed- suitable for indoor conscious age or one puttering. But the idea of using ivy for a topiary has changed all that. Now it is possible even to buy ready-made topiary forms in the shapes of various animals, baskets, cones, globes, and other geometric shapes at larger garden and plant stores. Or you can design your own frame, in which case there's no limit to the shapes you can come up with.

To make a topiary frame, use some number 8 or heavier aluminum wire. Galvanized wire will also work well, but it is not quite as soft and easy to bend. You'll also need a pair of wire cutters. Wire benders, on the other hand, aren't really necessary, since the wire can be bent well with just your hands. For fastening the ivy to the support, you'll need small pieces of green yarn, twist-ems, or dark green pipe cleaners.

Now pick a shape. A simple ring or triangle is the easiest for the first-time topiarist. If you feel confident, you might try a Christmas tree, which will give you indoor greenery for the holidays later in the year.

As you bend the wire to form the shape, make sure you leave plenty of wire at the ends to be buried in the soil. The form will need to be firmly anchored before you start planting.

Ivy varieties such as 'Needle-point,' 'Glacier,' and 'Itsy Bitsy' are particularly good for topiary, because they are compact growers. Place two or three plants at the base of each initial or frame. As they grow, tie each new growth farther up the frame as soon as it begins to hang free. Pinching the plants back means you'll have more leads to tie down, but it will also give you a bushier, fuller topiary. Water your ivy sculpture regularly, and mist the leaves when you get a chance.

For advanced topiarists who want to get on to more elaborate shapes, Vine Arts, 6 Charlcote Place, Baltimore, Md. 21218 sells a menagerie of interesting topiary frames. Write for a price list.

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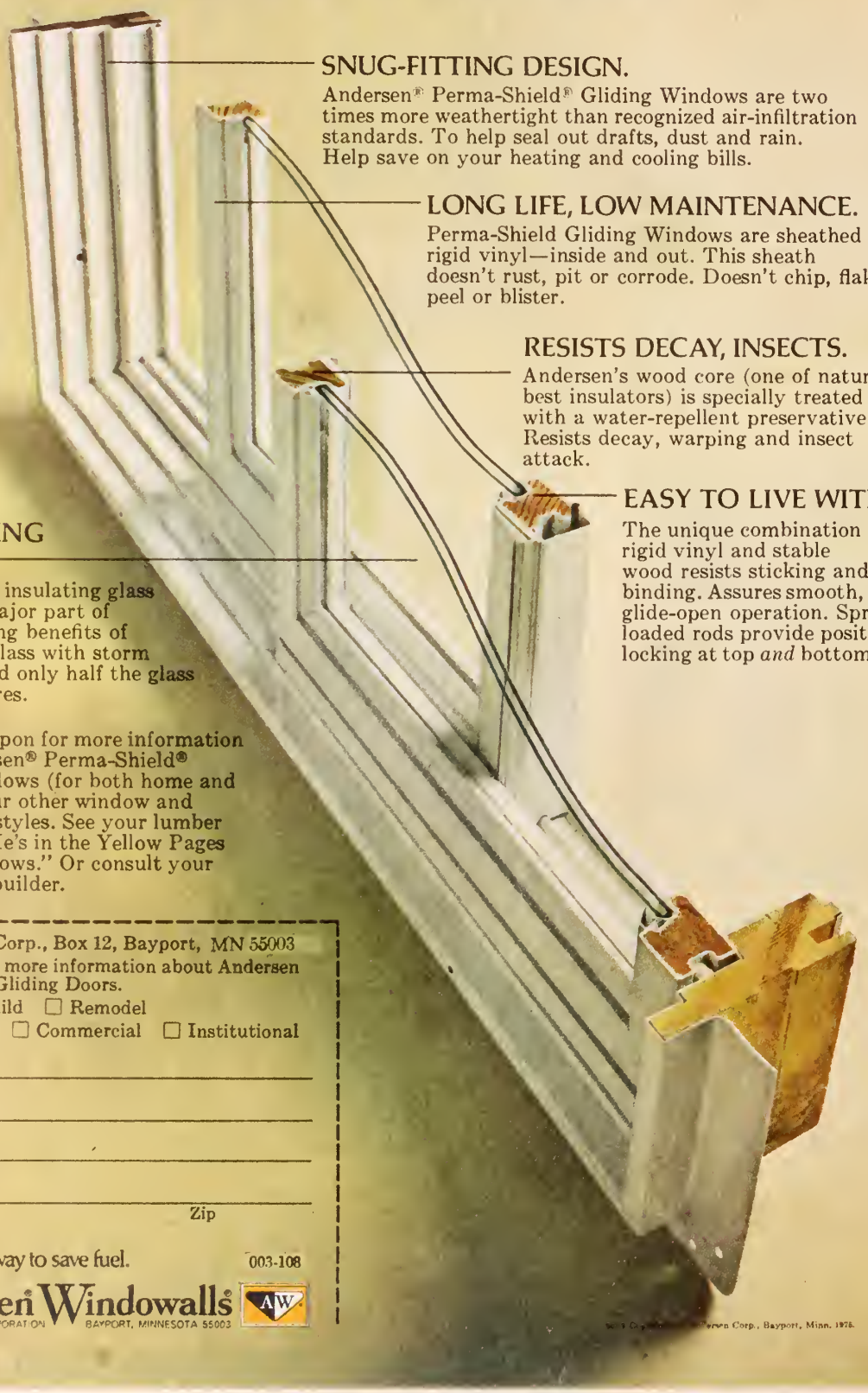

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...ersen Corp., Bayport, Minn. 1978.

PLANTS AROUND THE HOUSE

continued from page 69

about soil and will grow in just about anything that is not too acid. If there's any question about acidity, just add a little lime to the pot. Ivies, however, will do better in rich soil than poor, so fertilize once a month with a balanced 10-10-10 or 15-15-15 mix. Misting will also make them thrive. As dry air tends to foster spider mites, mist away whenever you have the chance. Water regularly to keep the soil moist, but not soggy. The soil should never be allowed to dry out. That's all there is to getting into the ivy league.

The Ivy Book by Suzanne Pierot (Macmillan, 1974) is an excellent guide for growers, and real fans might like to join The American Ivy Society, RD#9, Elkwood, Va. 22718. Annual membership is $7.50 and includes a regular bulletin. The American Ivy Society Research Center, at the same address, has many unusual types of *Hedera* available that you can order by mail.

Non-ivy ivies

The unrelated vining plants sold as ivies have, for the most part, the same cultural requirements as the real thing and are equally hardy, if not more so. The fig ivy, or climbing ivy, *Ficus pumila*, likes its life warmer than the true ivies, which is understandable considering that it is a tropical relative of the common rubber tree, *F. elastica*. Fig ivy is a very rampant grower, climbing by means of aerial roots that develop at the leaf joints in the manner of true ivy. Trainable either up or down, it's ideal for framing windows or other areas where up is not the only way to grow. Frequent misting at the roots will encourage them to grab hold of almost any surface, including glass, although a rough-textured surface affords more of a foothold.

Variegated ground ivy, *Glechoma hederacea* 'Variegata,' needs growing conditions identical to those for ivy, including the cooler atmosphere. The leaves of this creeper are not unlike the ones of the common geranium, or pelargonium, in shape and are hairy and light green with variegation in color.

One very attractive, warm-growing trailer that is perfect for areas without much sunlight is red ivy, *Hemigraphis alternata*. However, it is adverse to dry atmosphere, so take special care to mist it if your house is at all dry, or it may lose its leaves. Red ivy has a reddish-violet metallic sheen to its leaves, which are naturally puckery (and may look like they are shriveling, but they aren't).

The common climbing philodendron, *P. oxycardium scandens*, is sometimes still sold under its old popular name, parlor ivy. But today no one would believe the connection. Treat it like the philodendron that it is. Swedish ivy, *Plectranthus australis*, suffers from complete nomenclatural confusion. It is neither an ivy nor from Sweden. In fact, it originates about as far from Sweden as one can get—Australia. And it doesn't climb like an ivy. It is an excellent candidate for a hanging basket, producing a thick cascade of roundish, leathery leaves. Swedish ivy is a very tough plant and needs little care. But give it that extra touch of fertilizer once a month, let the soil become dryish between waterings, and you'll be rewarded with small spikes of white blossoms in the summertime, a plus you won't find on real ivy.

Grape ivy, or *Cissus rhombifolia*, makes a lush, easy-to-care-for hanging plant that is happy in a window or a dim corner. And its a fast-grower, too.

German ivy really does look rather like ivy, but as you can tell from its Latin name, *Senecio mikanioides*, it bears no relation to the *Hedera* family. Needing only to be kept on the cool side, it is very hardy. The plant, incidentally, remains shrublike while young, so if it looks like a bush for a while after you get it, don't worry. Once it is past its juvenile stage, it will be climbing like the best ivies. ■

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Manufacturer's suggested retail price: 98¢ per 20 spike package.

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THE WOODSTOVE COMES BACK

redesigned as an efficient energy saving device with all its old-fashioned charm intact

By Amy Semmes

Not too long ago, it seemed as if the woodstove would become the kind of old-fashioned contraption destined for the junk pile. It was a relic from your grandmother's era, useful only for reminiscing about days gone by. But in the past few years, with winter temperatures plummeting and the costs of conventional fuel soaring, more and more people have warmed up to the idea of heating with wood. Sales of woodstoves have tripled inside of three years, and stove manufacturers are finding themselves swamped with orders for more.

The woodstove seems to be well worth all this new enthusiasm. Besides offering the delight that only a warm fire and the tangy smell of wood smoke can provide, the new woodstoves on the market are efficiently designed heating devices. Unlike a fireplace, which allows about 90 percent of its heat to escape up the chimney (and a poorly designed fireplace can actually suck warm air *out* of a room), a woodstove can give more than the illusion of warmth. It will not only help save energy, it will also cut fuel bills appreciably. You'll find woodstoves can be used to supplement a conventional heating system, as the back-up for a solar system, or even as the sole source of heat in a house.

What is an "efficient" stove and how is it different from the old potbelly in the parlor? Essentially, efficiency means more heat for less wood. It means you have to buy (or else chop, haul, and split) less firewood. It means you have to reload your stove less frequently, while staying just as warm.

The scientific definition of a stove's efficiency is more precise: The efficiency of a stove is that percent of the energy store in the wood which is converted to useful heat for your home. No stove, nor any heating device for that matter, is ever 100 percent efficient. The typical oil burner runs at about 65 percent. Because wood is a somewhat less concentrated fuel, most wood burners tend to operate in the 30-55 percent range, and are still called "efficient." (Remember that an ordinary fireplace burns at 10 percent at best, generally less!)

Most modern stoves are designed for efficiency in two ways: The inside of the stove is built to make sure that the wood burns completely with no waste of fuel, and the outside of the stove is built to make sure that the heat is transmitted to your house as effectively as possible.

In the firebox

Burning wood completely is not that simple. Wood burns in three stages. First it has to heat up to a temperature where it will ignite. The second phase is while it is actually in flames, and the last phase is when only the glowing red embers remain. These are the familiar, visual signs of the chemical reaction that is actually occurring, officially known as "pyrolysis."

During the flaming phase, the main chemical components in the wood are breaking down. They react with the oxygen in the air and begin to release combustible gases known as "volatiles." These gases are not just a by-product: They contain close to *half* the fuel value in the wood. The secret of complete combustion lies in inducing them to burn before they can escape up the chimney. To do so, they must somehow be retained in the firebox with a hot and even fire, and supplied with enough additional oxygen to burn.

Air flow

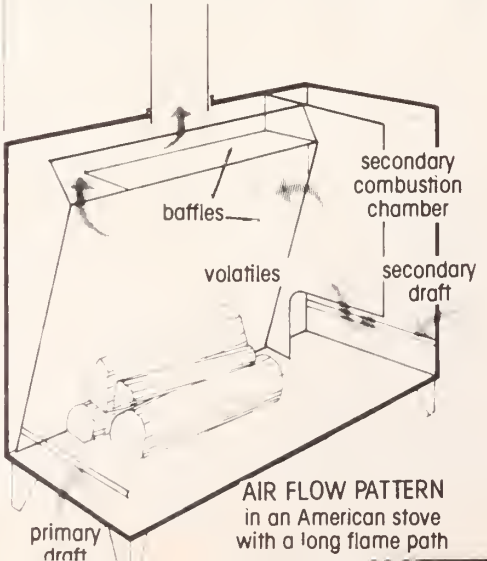
Successfully burning the volatiles largely depends on the design of the stove and its ability to regulate the flow of air to and from the fire. The more efficient stoves provide for the control of air flow in several ways:

1. Airtightness. Stoves constructed to be absolutely airtight, permitting no air to leak in except where you want it, have an overwhelming advantage in efficiency. They allow you to carefully control how fast your fire burns by setting up just the right amount of draft. Too much air will establish too strong a draft and allow your volatiles (and your heat!) to escape up the flue. Too little air will keep the fire so low the gases won't burn. With an airtight stove, the temperature can stay hot and burn evenly. The volatiles are less likely to escape, and the fire will last longer between stokings. Most airtights will last the night on one good fuel load.

2. Venting. Vents for air intake are an important feature in stove design. Many stoves have more than one vent: These separate the supply of air into primary and secondary air. Primary air is directed under or next to the wood and is consumed in stage two as the wood is producing the volatiles. The secondary air is intended as a fresh supply for the volatiles so that they too will have the oxygen necessary for burning. Some American-made stoves include thermostats and automatic dampers. These simply open and close the vents in response to the temperature in the firebox.

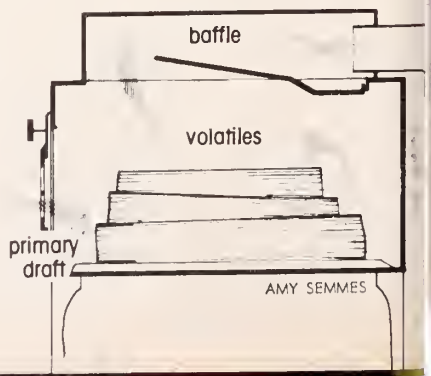
3. Interior baffles. Inside a stove, you'll often find an interior baffle system or some kind of secondary combustion chamber. The intention here is to create a longer smoke path to delay the escape of the gases. By forcing them to follow a convoluted path, the gases have more time to burn and pass across a larger surface area of the stove. The pattern that smoke follows varies between stoves; variations include up- and down-draft-type stoves as well as crosswise and S-shaped smoke paths.

Continued on page 74



AIR FLOW PATTERN
in an American stove
with a long flame path

AIR FLOW PATTERN
in a Norwegian
box-type stove



Editor's note: *In researching energy-saving building methods, Redroof Design, the architectural firm headed by Yann Weymouth and Peter Coan, has made an extensive study of woodstoves. Amy Semmes, a member of the firm, summarizes its findings for House & Garden.*

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Woodstoves *continued from page 72*

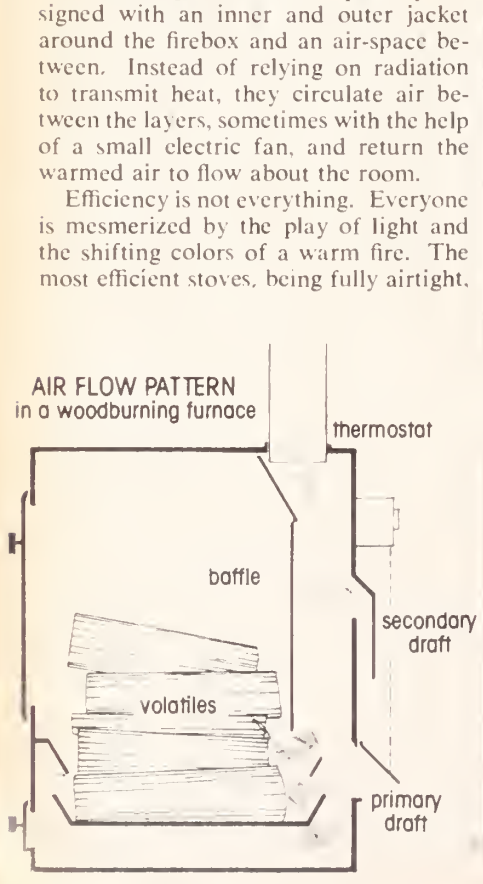
Stove materials

Besides assuring that the wood burns well, a good stove must transmit its heat to your house. Most stoves use a combination of radiation and air circulation. Steel and cast iron are the two materials commonly used. Steel is cheaper and easier to fabricate, and transmits heat faster than cast iron. It also tends to expand and contract more in heating and cooling, which can hurt the fit of a door intended to be airtight. Cast iron takes longer to heat up, retains heat longer, and is more durable. Many stoves use a combination, with a steel firebox and baffles (to ease fabrication and save money) and a cast-iron door and vent.

Most modern stoves are box-type stoves made, like their older counterparts, to sit in the "parlor" and radiate heat to the room. Two ingenious exceptions are the wood-burning furnace and the circulating heater. A wood furnace, like any furnace, is designed to heat many rooms. It connects to a forced hot-air or water-circulating system exactly as does a conventional oil-burning furnace. Wood furnaces are much larger and have a greater capacity than "parlor" stoves, and are designed to be placed in a utility space. Many of them are adapted to burn not only wood, but coal and oil as well, depending on which fuel is most available and least expensive at any time. Perhaps their greatest advantage is that they can be hooked right up to your existing heating system.

Circulating heaters are especially designed with an inner and outer jacket around the firebox and an air-space between. Instead of relying on radiation to transmit heat, they circulate air between the layers, sometimes with the help of a small electric fan, and return the warmed air to flow about the room.

Efficiency is not everything. Everyone is mesmerized by the play of light and the shifting colors of a warm fire. The most efficient stoves, being fully airtight, seal off the fire from view, but there are many "convertible" stoves available with doors that open to reveal the fire, which remain excellent heaters. These are variations on the Franklin stove, descendants of Ben Franklin's original "Pennsylvania Fireplace."



Planning for wood heat

Efficient heating with wood starts with a good stove, but it also involves some planning for the specific needs of your house, to maximize the effectiveness of your stove. Good insulation and carefully sealed windows are basic necessities. The other things considered are:

1. Placement of stove. A woodstove must be placed with care, in the best possible spot in your house to insure good distribution of all that heat. It should be on the ground floor, so the hot air will rise and heat the upper levels (also because the higher the chimney, the better the draft.) Place it in the center of the house, away from exterior walls. Ideally it should be in a space as open as possible, so that all the warm air can circulate freely. A large stove (and of course a wood-burning furnace) can also be placed in the basement with great success, especially if your house has a fairly vertical layout. Installing registers will allow air to circulate between floors.

2. Air supply. Burning wood consumes a lot of air, even with the controlled flow of an airtight stove. Typically, this air is drawn from the rooms you are heating, and is replaced by cold air from outside, leaking in through cracks around windows and under doors. Installing a vent beneath the stove connected to outside air or basement space will avoid this influx; your stove will burn the cold air rather than the warm inside air. In the case of a tightly insulated house, this will improve the draft and keep rooms from becoming too close and stuffy.

Stove installation

Improperly installed stoves present a real fire hazard. Make sure that the stove is placed far enough from the walls, or else that it is properly shielded. Otherwise, the prolonged exposure to radiant heat will dry out your walls to the point where they could catch fire. The Cooperative Fire Insurance Association of Vermont recommends a distance of 36 inches in all directions from any combustible surface, such as wood, plaster, or sheetrock. This clearance can be reduced to 18 inches only if the walls are adequately shielded. The best solution is to put up a piece of sheet metal (28 gauge) or asbestos millboard (¼-inch), or both, held out 1 inch from the wall with spacers. The air pocket will allow the heat to dissipate rather than pass through to the wall behind. Brick, tile, or stone over a combustible surface do not give enough protection at an 18-inch distance. Protect the floor, too, not only from heat, but also from falling sparks and embers.

Continued on page 78

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HOW TO PREPARE FINISHED SURFACES: For maximum paint adhesion, WASH THOROUGHLY WITH POWDER DETERGENT AND WATER — RINSE COMPLETELY. Make sure all dirt, grease, soap film, oil buildup are completely removed. Patch all holes and cracks with patching paste — allow to dry — and sand smooth. • *Wallpaper* — Before applying new finish, paste all loose sections down — sand smooth. If pattern stains through, coat with Wall Primer and Sealer — allow to dry overnight. • *Glossy Painted Surfaces* — wash with household powder cleaner in water — rinse well; or sand lightly.

HOW TO PREPARE UNFINISHED SURFACES • *Bare Dry Wall or Wallboard* — when all dust is removed, coat directly with the FRESH LOOK. Two finish coats recommended. • *Bare Plaster* — new or old should be dry, cured and hard. If textured, swirl, soft, porous or powdery, treat with solution of one pint household vinegar in one gallon water. Repeat until surface is hard — rinse well — let dry and apply Wall Primer and Sealer. • *Bare Wood or Metal* — apply a first coat of the appropriate primer.

HOW TO PAINT EFFECTIVELY — Stir paint well. Spot prime all patched areas. Use top quality painting tools for best results — such as GOLD LINE Roller or K mart nylon or polyester brush. Allow overnight drying, before applying second coat.

WHEN TO WASH — To assure durability benefits, do not wash for 30 days. Once cured, the FRESH LOOK cleans easily with dry, non-abrasive detergents and water. "Spray-type" and abrasive cleaners not recommended.

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Check with the building department where you live. Some states now require a permit and an inspection of woodstove installations. The inspector can also give good advice about proper installation and fire prevention. Also, buy a fire extinguisher, if you don't have one already, and keep it handy.

Stovepipes and chimneys

Stovepipes should not be flimsy: the manuals recommend 24-gauge steel. If more than 6 feet long, a pipe should be supported, and again, keep it away from combustible surfaces. Three times the diameter of the pipe, (for an 8-inch pipe, 24 inches) is the suggested clearance. Make sure all the joints are tight, and do not use galvanized pipe as it emits a noxious gas at high temperatures.

The stovepipe presents a valuable asset for picking up extra heat from the escaping gases. It is one area, however, that also poses a kind of a trade-off between efficiency and safety. In terms of efficiency, the longer your stovepipe, the more heat-radiating surface area you gain. For this reason, many people choose to run an extended length of single-thickness pipe inside the house before venting it into the chimney. Longer stovepipes, however, are also deemed less safe because their tendency to accumulate more creosote. Creosote is a tarlike substance deposited by wood smoke on the walls of the pipe and chimney. It is the major cause of chimney fires, and the reason that both pipes and chimney must be cleaned regularly. An insulated stovepipe will discourage creosote build-up and requires much less frequent cleaning, but it also means you lose the use of the pipe as a heat source. Another way to try and limit creosote accumulation is to burn a really hot and well-stoked fire, and to avoid burning any green wood.

Whenever possible, your stove should be vented into a proper masonry chimney. You'll find that the large mass of your chimney will act to your advantage. Once it is thoroughly heated up, it will retain and slowly radiate heat back into the house, even when the fire in your stove has burnt down. It is not recommended to vent your stove into a chimney that is already in use for another purpose, but it can be done, only if the flue is large enough to handle the volume of smoke, and if both users do not enter the chimney at the same point. Your chimney must, of course, be in good repair, and be regularly cleaned and maintained.

Two very good booklets on the safe installation and use of woodstoves can be ordered for $3 each from the National Fire Protection Association, 470 Atlantic Ave., Boston, Mass. 02210. They are "Using Coal and Wood Stoves Safely," No. HS-8, and "Heat Producing Appliance Clearances," 1976, No. 89M.

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Environmental impact

The great ecological advantage to heating with wood is that it is a renewable resource. Trees are nature's way of converting and storing solar energy, and the forests are a kind of gigantic solar farm. There are many millions of cords of woods that could be used as fuel produced every year, enough to heat well over half the homes in the country, without diminishing the extent of our forests, if the wood harvesting is properly managed. It is estimated that 1 to 2 acres of woodland can produce one cord of firewood in a year. It takes 3-6 cords of good dry wood to heat the normal American house, depending on the type of stove, the size of the house, the severity of the winter, the amount of sun that falls on the house, and its insulation. However, wood smoke is a pollutant, although it's cleaner than the smoke from coal or oil. In the unlikely event that everyone in a densely populated, urban area converted to wood heat, it would have a noticeable effect on the air quality. Heating with wood is not a total solution to the energy questions facing us today, but under the proper conditions, it can contribute to the saving of non-renewable fuels. For anyone with a house or vacation house in an area where wood is readily obtainable, heating with wood may be an excellent way to save both money and energy.

"Parlor" stoves: cast iron and airtight

Atlantic
Portland Stove Foundry, 57 Kennebec St., Portland, Me. 04104.

Comforter (can also burn coal)
Comforter Stove Works, Box 175, Lochmere, N.H. 03252.

Crest (thermostat, converts to open fire)
Washington Stove Works, Box 687, Everett, Wash. 98201.

Defiant (baffles, thermostat, converts to open fire)
Vermont Castings Inc., Prince St., Randolph, Vt. 05060.

Hinckley Shaker (steel baffles, large surface area)
Hinckley Foundry and Marine, 13 Water St., Newmarket, N.H. 03857.

Jotul
Importers: Kristia Associates, Box 1118, Portland, Me. 04104.

Lange
Importers: Svendborg Co. Inc. Bridgeman Block, Box 5, Hanover, N.H. 03755.

Morso
Importers: Southport Stoves, 248 Tolland St., E. Hartford, Conn. 06108.

Trolla
Importers: Lyon Supply Co. Inc., 1 Perimeter Rd., Manchester, N.H. 03105.

Steel stoves: airtight with cast-iron door

Allnighter
Stove Works Inc., 35 Nutmeg La., Glastonbury, Conn. 06033.

Continued on page 80

Pattern shown, Classic Manor

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Woodstoves *continued from page 78*

Canadian Stepstove
Lakewood Stove Co. Ltd., Bobeaygeon, Ontario K0M1A0
Fisher
Fisher Stoves Inc., River Rd., Bow, N.H. 03301.
Homewarmer (baffles, long flame path)
New Hampshire Woodstoves Inc., Box 310, Fairgrounds Rd., Plymouth, N.H. 03264.
Sierra
Sierra Stoves, 1 Appletree Sq., Minneapolis, Minn. 55420.
Vermont Downdrafter (thermostat)
Vermont Woodstove Co., Box 1016, Bennington, Vt. 05201.
Yankee (barrel-shaped)
Yankee Woodstoves Inc., Box 7, Bennington, N.H. 03442.

Steel stoves

Dynamite
Damsite Dynamite Stove Co., RD 3, Montpelier, Vt. 05602.
Eagle
Hydrafrom Products Inc., Box 2409, Rochester, N.H. 03867.
Elm (barrel-shaped with thermostat and pyrex window)
Locke
Locke Stove Co., 114 W. 11th St., Kansas City, Mo. 64105.
Nashua
Heathdelle Associates Inc., Rte. 3, Meredith, N.H. 03253.
Ram (airtight)
Ram Forge, Brooks, Me. 04921.
Sunshine (airtight)
Sunshine Stove Works, Norridgewock, Me. 04957.
Tempwood (welded steel, airtight)
Mohawk Industries, Box 71-NT, Adams, Mass. 01221.
Thermo-Control (built-in water heater)
General Engineering, Howe Caverns, Bramanville Rd., Cobleskill, N.Y. 12043.

Circulating heaters

Ashley
Martin Industries, P.O. Box 128, Florence, Ala. 35630.
Atlanta
Atlanta Stove Works Inc., Box 5254, Atlanta, Ga. 30307.
Autocrat
Autocrat Corp., New Athens, Ill. 62264.
Birmingham
Birmingham Stove & Range Co., Box 2647, Birmingham, Ala. 45202.
King
Martin Industries, King Products Div., Box 128, Florence, Ala. 35630.
Montgomery-Ward
Sears Roebuck
Wonderwood
U.S. Stove Co., S. Pittsburg, Tenn. 37380.

Wood-burning furnaces

For hot air:
Bellway
Perley Bell, Grafton, Vt. 05146.
Charmaster (burns coal, too)
Charmaster Products Inc., 2307 Highway 2, West Grand Rapids, Minn. 55744.
Daniels
Sam Daniels Co., Box 868, Montpelier, Vt. 05602.
Duo-Matic (burns wood, oil, and gas)
Duo-Matic Company, 450 W. 169th Street, South Holland, Ill. 60437.
Logwood (burns wood, oil, and gas)
Marathon Heater Co. Inc., Box 165, Marathon, N.Y. 13803.
Moderne-Aire (burns wood and oil)
Modern Machine & Welding, Highway 2, West Grand Rapids, Minn. 55744.
Newmac
Arotek Corp., 1703 East Main St., Torrington, Conn. 06790.
Northeaster (also has water heater)
Solar Wood Energy Corp., East Lebanon, Me. 04027.
Ram (combines with existing oil system)
Ram Forge Co., Brooks, Maine 04921.
Riteway
Riteway Manufacturing Co., Box 6, Harrisonburg, Va. 22801.
Spaulding
Novatek Inc., 79R Terrace Hill Ave., Burlington, Mass. 01803.
Yukon
Wilson Industries Inc., 2296 Wycliff St., St. Paul, Minn. 55114.
For water-boiler systems:
Carlson (burns wood or coal)
Carlson Mechanical Contractors Inc., Box 242, Prentice, Wis. 54556.
Controlled Combustion Systems
1978 Washington St., Hanover, Mass. 02339.
Hoval Boiler (burns wood, oil, and gas, with water heater)
Passat
Passat USA Inc., Highland Ct., Gloucester, Mass. 01930.
Tarm (burns wood and oil, with water heater)
Tekton Design, Conway, Mass. 01341.
Tasso (burns oil and wood)
Tekton Design, Conway, Mass. 01341.

Reading list

The Complete Book of Heating with Wood by Larry Gay. Garden Way Publishing, Charlotte, Vt. 05445. $3.50 paperback.
The Woodburner's Encyclopedia by Jay Shelton and Andrew Shapiro. Vermont Crossroads Press, Box 333, Waitsfield, Vt. 05673. $6.95 paperback.
The New Hampshire Times Heating with Wood Issue. Vol. 7, No. 14. Sept. 21, 1977.

Manuscripts

House & Garden assumes no responsibility for unsolicited manuscripts, photographs, drawings, house plans, or uncommissioned material. Material submitted must be accompanied by return postage or a self-addressed stamped envelope.

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Architectural Digest is published ten times a year. January/February, July/August are combined issues.

GOING PLACES
FINDING THINGS Take a cruise!

Spa-life at sea: a personal report

By Mary McFadden

EDITOR'S NOTE: Mary MeFadden, former Vogue editor, designer of clothes and jewels that lead radiant lives, now turns to designing for the house (see page 154). Needing a *real vacation* every year about midsummer, she began taking cruises with friends. For the past few years, they have taken a cruise each summer: one to the North Cape, another to the southern Russian ports, and most recently a cruise to Alaska—all on the Royal Viking Line. Here she sums up the healthy ship life plus the chilly highlights of a voyage in Alaskan waters.

Why cruise? For me, the Royal Viking ships are floating spas. I sleep the first few days, perhaps from the motion of the ship but probably just to catch up. Then

GEORGE HOLTON

Mt. Edgecumbe, a volcano in Alaska

I start on my own therapeutie routine. It's a spa with some remarkable scenery and sightseeing thrown in. After two weeks, I'm fit and eager to return to that frantie kind of creativity found in a Seventh Avenue factory.

Ship-spa. The first thing I do when we board the ship is head for the hairdresser to make shampoo appointments every three days for the whole cruise. Also arrange for manieures, pedicure, and time in the exercise room. Used the gym twiee a day for a half an hour at the time, then had a sauna and steam. And since on the Alaska trip there was a run of exeellent weather, swam daily in the ship's pool. Others spend time walking or jogging around the deek, often at dawn when the sea air is so fantastic for the skin—unless of course it's windy. It is a beautiful time to exercise just because of the light.

Infinite food. Royal Viking is prepared to feed you infinite food from morning until night, if that's what you'd like. There are the most fantastic brunehes, snacks between meals, 12-course lunches, teas with 20 different pastries, 12-

Continued on page 87

Cruising: a dream vacation for the whole family

By Lorna Caine

We have found that one of the best ways to travel with children—sehool age and younger—is to go by ship. The price compares favorably with roundtrip airfare, when you realize that in addition to transportation you are getting the equivalent of several days in a hotel, meals, and countless children's aetivities. A cruise also gave us the pleasures of having our children with us without being all-day-long cruise directors ourselves.

The first time I beeame aware of what excellent programs many ships have for entertaining children was in the era before we had our own. We were on the QE 2 on a cruise from New York to the Caribbean. Not until one day when we were almost back in New York did we even realize that there was a single child on board. That day 160 children were having a costume party. When I inquired, I heard that the ship had a specially designed playroom; a movie theatre; a schedule of games; visits to the ship's bridge and kitchens; plus a full-time staff of babysitter/stewards.

More reeently with two children of our own—girls 2½ and 5—we made a cruise from New York to Bermuda with

Continued on page 88

17 SUPER cruises: '78-'79

There are cruises leaving all year long to and from ports in the Atlantie, Pacific, Caribbean, and Mediterranean. Below, to give you an idea of the riches available, we've made a listing of 12 steamship lines offering 17 different cruises. To get the entire picture—which cruises leave when, where—you can buy Ford's International Cruise Guide, $5.50 ppd. for one issue, or $20 per year. The guide is published in the fall, winter, spring, and summer. Write Ford's International Cruise Guide, P.O. Box 505, 22151 Clarendon Street, Woodland Hills, Calif. 91365.

CARRAS The Danae makes six trips from May 10 to Oct. 10—starting from Athens—through the Aegean to the Holy Lands and the Blaek Sea. Visit the Greek island of Samos, on the way to Port Said, Egypt. Then Haifa, Israel; Ephesus, Turkey; and on to the Black Sea ports of Yalta, Odessa, Constanta. Stop at Istanbul and Mykonos on the return to Athens.

From mid-July to September, follow Viking sea routes on a 15-day cruise in the North Sea. Ports include: Bergen, Copenhagen, Helsinki, Leningrad, Visby on the Swedish island of Gotland.

COMMODORE The Caribe leaves from Miami, Nov. 25, Dec. 2, 9, 16 for "Queen of the Ball" cruises. Dance eontests all week, plus free hustle lessons and a free cruise for the winners. The ship stops in St. Thomas, USVI; Puerto Rieo, and the Dominican Republie.

COSTA On Feb. 15, the Frederico C. plans an "Italian Cooking Festival"

Continued on page 91

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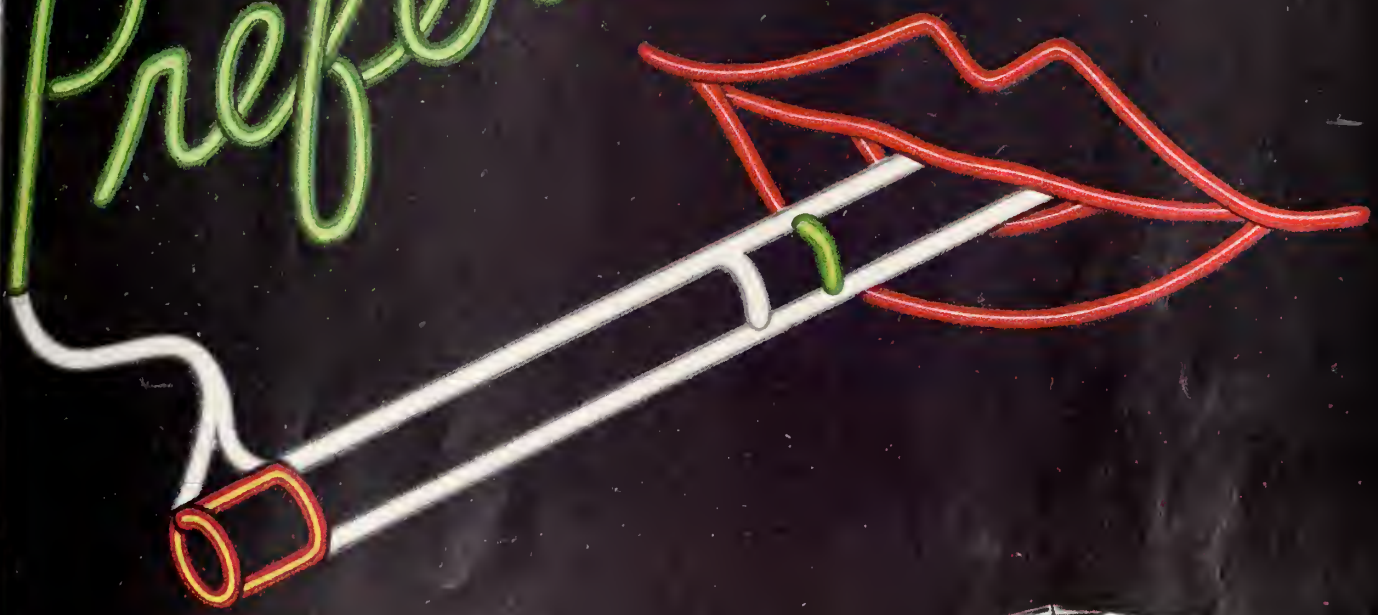

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GOING PLACES, FINDING THINGS

ontinued from page 84

ourse dinners, then a midnight buffet ith another 23 choices. The ship takes n a huge supply of food and produce at ne start of the voyage and takes on more roduce and seafood all along the line. always ordered whatever the fresh fish as: salmon, halibut, Dungeness crab, rayfish, swordfish, cutthroat trout— ery slimming to eat all that fish. You an have it broiled, fried, breaded, aked, steamed, marinated, sometimes erved hot, sometimes cold. I'd have a mall breakfast, three courses for lunch three "things" really) and three for din- ier, and at dinner a small dessert instead of wine.

Plan ahead. To get what you want to out of a cruise, you need to organize from he very beginning.

DINING-ROOM SEATING: There are ables for two, four, six, and eight in a ship's dining room. If you want a table for two, be sure to request it when you make reservations.

CABINS: Another decision to be made when you are buying tickets. Always study the ship's deck plan plus the cabin layout before requesting a cabin. Almost any ship's cabin will seem confined when you first arrive, but if the space is well designed you quickly learn to live in it. First-class suites on the Royal Viking Line have both sofas and television sets, which I don't need since I spend most of the time either out on deck or on an excursion. What does seem to make a difference is the size of the bathroom. It's a huge luxury to have a bathroom with a tub instead of just a shower.

Excursions. Reserve the ones you want as soon as you board ship. There are several excellent excursions on the Alaska cruise and I signed up for them when we boarded the "Sea" in San Francisco. (It was very important, for instance, to reserve seats on the small bush aircraft that would fly us over the ice fields around Juneau.) Our whole Alaska cruise took 14 days. What we saw in that time was an almost prehistoric view of the world —a sample of what Alaska has to offer. We tended to be at sea for a day and then in port for a day. (Some people love the ship life so much that they don't take the excursions, but for me they provided a marvelous balance to the ship's routine.) The route of our cruise was San Francisco, Los Angeles, Victoria, and northward through the archipelago that fronts the narrow strip of Alaska coastline that extends southward toward California along the Canadian border. Threading our way in and out of these islands we stopped at Juneau and Skagway on the way up, then Glacier Bay and Sitka on the way south to Vancouver. About one week through the cruise, we arrived in Juneau where we boarded the small

Continued on the next page

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GOING PLACES, FINDING THINGS

continued from preceding page

chartered plane that maneuvered us around the 1,500 square miles of ice fields just to the north. Best sight: the Mendenhall Glacier—ice-blue, silver, stripped and threaded through with the gray of rocks picked up as the glacier ground south. Miles wide, the largest glacier in the world—a wonder, especially seen from the air. At Skagway—old gold-rush town—we took the Yukon railway inland for a day. More ice, mountains green with Sitka spruce, hemlock, cedar. Animals both above and below the timberline: deer, otters, lynx, huge hawks, snowshoe hare, moose, an eagle, also quantities of alpine wild flowers. From Skagway, we steamed into Glacier Bay, which is surrounded by Glacier National Park. At sixteen points glaciers flow into the 50-mile-long bay. We go within 100 yards of a sheer wall of ice 200 feet over us. This glacier face was ice-blue and a darker, almost navy, blue, reflecting the dark water. There were violent cracking and grinding sounds all around us like dynamite blasts, which was the noise of the glacier breaking up as it finally met the water. Jagged pale icebergs surrounded the ship. We had two Alaskan pilots on board for maneuvering in these waters and the ship proceeded very carefully. About this time saw hair seals, bear, and heard that someone had sighted a killer whale. An oceanologist from the University of Southern California, Dr. Donald Walsh, was on board for the entire trip to explain what was happening along our route. He lectured six times during the cruise and was available for questions all day long. (Royal Viking always has shipboard professors to tell you about what you're seeing and doing.) After Glacier Bay, we were heading south. I enjoyed the visit to Sitka (a little town bought from the Russians in 1867 for 2¢ an acre) where we saw a Russian orthodox cathedral which is full of icons.

What to wear. What you need on deck during the day is a huge lightweight parka, also some sort of terry jogging costume, if you like to jog in the morning. One thing many of the women forgot was a bathing suit coverup—a must if you'd like to have lunch on deck. Most women wore slacks and a shirt during the day: silk, cotton, or linen in California waters; gabardine and flannel further north. At night the fashion look of the ship was out of the sixties: lots of long skirts and blouses. There was no problem with keeping a wardrobe in shape, since the laundry and the pressing on board is excellent. We had 12 out of 14 sunny days with a high of 70° during the day, and 50° at night. It's said that most of the Alaska cruises encounter cooler weather: 50° during the day with fog and rain. So most people bring a supply of sweaters, scarves, jackets.

Reservations on Royal Viking's 7 Alask cruises from June to September can b made through a travel agent. For further in formation, write Royal Viking Line, On Embarcadero Center, San Francisco, Cali 94111 and see the booklet section, pag 92. There are also 12 other cruises t Alaska on 6 cruise lines. ■

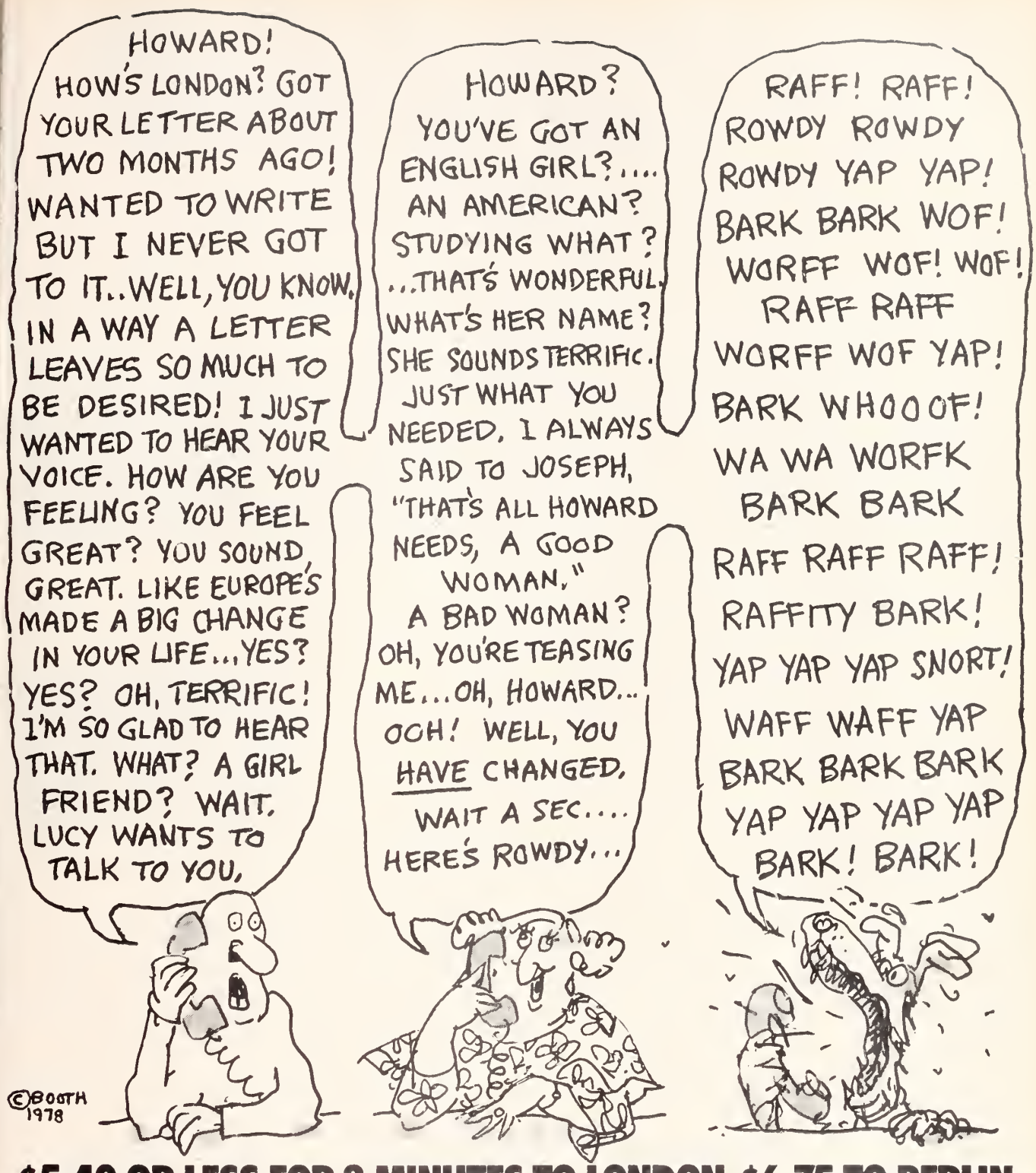
Cruising: Dream vacation

continued from page 84

the Holland America Line. We embarked on the Statendam, which sailed from the West Side Pier at 6 P.M. on a Saturday, an ideal time for families whose children may not finish school until the previous Friday. Most passengers are on board by 4, which gives ample time to get everybody settled (all luggage in the staterooms) before the first sitting for dinner. Ideally this early dinner—served at 6 or 6:30—is most children's normal dinner time. The ship provides indoor and outdoor swimming pools, games on deck, library, movie theatre, and excellent food. When we went, many of the crew were gentle Indonesians, and we arranged with our steward for a baby-sitter during our dinner time, if we had not already dined at the early sitting. We arrived in Hamilton, Bermuda, on Monday morning and using our ship as a hotel, spent a busy week going to various beaches, visiting the dolphins at the Aquarium, shopping right alongside the ship's berth on Hamilton's Front Street. We also visited the newly restored Port of St. George's where there are lots of shops and restaurants on the wharf. Just behind the wharf is the tiny town with its charming St. Peter's church, good china shops, Bermudian house-museums. Returning to the Statendam at night, we would give the girls their baths, followed by supper in their rooms which I had ordered the day before. Then we had time to change for our later dinner sitting, and at 8:30 our nice steward would arrive to babysit and the evening was ours.

EDITOR'S NOTE: The children's play center and nursery on the QE 2 has child-sized furniture and lots of educational toys. It's run by Cunard's own English nannies and counselors, with a professional nurse in the nursery. The program includes masquerade parties, arts and crafts classes, clowns, magic acts, Disney films and cartoons. Special family rates require that children travel in the same cabin with their parents, however there are two-cabin suites with a connecting door for families who want more space.

The Statendam also has special programs for children. During the summer months (and on the Christmas cruise), there is a youth counselor who arranges activities—movies, costume parties, contests. Each child receives a daily activity program. If there are a large number of children on a winter cruise, Holland America will make special arrangements for that cruise. On all cruises, babysitting is arranged on an individual basis with the stewards. ■



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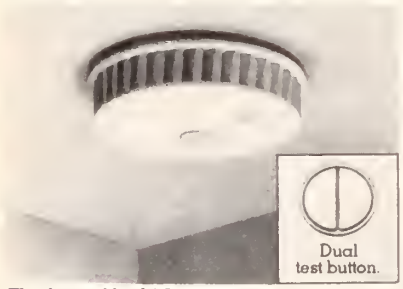

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UNARD Around the world in 80 days n the Queen Elizabeth 2: 24 ports and 3,564 miles from Barbados to Bombay. ome for part of the trip, if you can't ay the full 80 days.

The Princess takes 7-day "Health and itness" eruises to the Caribbean on ept. 30, Nov. 11, and Dec. 16. Go to ectures, exercise clinics, and at cruise- nd follow up with a free 6-month mem- ership at Jack La Lanne's health spa.

ASTERN STEAMSHIP The Emerald Seas nakes 3- and 4-night eruises to the Ba- amas year round. If you'd like to, stop ff and visit Disney World or Miami for or 3 days. Plan includes car rental, ho- el, cruise.

IOLLAND AMERICA Take a 7-day "Spe- ial Entertainment" cruise to Nassau and Bermuda during the autumn on the Statendam, Rotterdam, or Volendam. On board: stars like Lionel Hampton, Edie Adams, Earl Hines.

INDBLAD The Lindblad Explorer makes 16- and 32-day expeditions to the South Pacific from Los Angeles. You'll see some of the smaller islands, such as Goodenough and the Marquesas, plus the better known Pitcairn, Easter, and Fiji Islands. Oct. 10 and 24.

The Explorer does 2 month-long Northwest Passages, July 28 and August 26. One starts in Yokohama, Japan, continues through the Bering Strait and along the northern coast of Alaska to Stratheona Sound in Canada's Northwest Territory. The other makes the trip in reverse, putting in at the same cities and islands within the Aretic Circle.

NORWEGIAN AMERICA On Nov. 4 and April 28, the Sagafjord leaves from Port Everglades, Fla. for a 15-day "Photography" eruise through the Caribbean to La Guaira, Venezuela. Professional instruction by Ed Meyers, executive editor of *Popular Photography*.

The Sagafjord stops at world's northernmost ports—Hammerfest, Skaarsvag, Reykjavik—on its June eruise to the North Cape from Port Everglades (46 days) and New York (43 days).

NORWEGIAN CARIBBEAN Year-round 3- and 4-night eruises to Nassau and the Out Islands on the Sunward II have professional snorkeling instruetors on board. They give lectures and courses, and you can practice what you've learned in the clear waters off the Bahama islands.

PAQUET Paquet's 10- and 11-day cruises offer the food you'd expect from a French steamship line. High points: 3 nights of regional cooking—Gascony, Brittany, and Burgundy. One cruise visits Mayan ruins in Central America; the oth-

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er goes to the smaller Caribbean islands.

Paquet's Mermoz leaves from Marseilles on Oct. 25 for a 50-day cruise to Africa and South America. First stops: Casablanca and Dakar (Senegal). Then an Atlantic crossing to Brazil. From there, to Mar del Plata, Argentina. On the return trip to Miami the ship visits several ports in Brazil, Uruguay, and the Caribbean. Join the cruise for 21, 22, 25, or the entire 50 days.

ROYAL VIKING On May 6, the Royal Viking Sea begins a cruise along the eastern seaboard of the U.S. and Canada. It sails from Ft. Lauderdale (21 days) and New York (15 days), up the coast to Halifax, Nova Scotia, then around the Gaspé Peninsula and down the St. Lawrence River to Montreal. Return stops include Quebec City; Bar Harbor, Me.; Boston; and Newport, R.I.

SUN LINES A 14-day cruise on the Stella Oceanis takes you from San Juan to the jungle city of Guyana, Venezuela, where you can visit the most precipitous waterfalls in the world. Also, 13 Caribbean islands, plus a cruise up the world's fifth largest river, the Orinoco in Venezuela.

—CLAIRE SCHOEN

Booklets to help you plan your trip

To plan better vacations, here are some booklets that give you information about where to go and how to get there. Just fill out the coupon below and return it.

1. Holland America's Statendam leaves from New York on Nov. 18 (19 days) and Port Everglades, Fla. (14 days) for a "Grand Caribbean Thanksgiving" cruise. Stops include: Grenada, St. Maarten, and four other Caribbean ports. On board: entertainment by Edie Adams.

2. Cruises on the **Lindblad** Explorer are always an adventure. For 1979-80: Circumnavigation of the Antarctic, Northwest passages, cruises to China, and journeys through the South Pacific.

3. The **Delta Queen,** the last of America's original riverboats, makes cruises along the Mississippi River for the weekend, week, or a 19-day round trip from Cincinnati to New Orleans.

4. Windjammer Barefoot Cruises: sailing trips to the Bahamas, Virgin Islands and West Indies aboard remodeled schooners. For adventure seekers, take the "Around the World Cruise" on the Yankee Trader—10 months and over 30 ports.

5. Eastern Steamship's Emerald Sea leaves from Miami every Friday and Monday for 3- and 4-night cruises to the Bahamas.

6. Cruise through the Inside Passage from Vancouver, British Columbia and back, making six stops in Alaska. **Canadian Pacific's** Princess Patricia makes 18 7½-day voyages from June through September.

7. Cunard has Cruise/Resort vacations in the Caribbean: Leave from San Juan on a Saturday, head to Caracas, then Grenada, and on to St. Lucia or Barbados, where you'll stay at one of Cunard's resort hotels. A week later meet the ship for the return to San Juan.

8. Paquet's Christmas/New Year's cruise goes to the Caribbean islands of Santo Domingo, St. Croix, St. Maarten, Martinique, Nevis, St. Kitts, St. Lucia, Haiti, Puerto Rico, and the Bahamas, 13 days, with roundtrip airfare.

9. Royal Caribbean Air/Sea tours include round-trip airfare to Miami from your city. Cruises leave every Saturday for 7- and 14-day trips to the Caribbean.

10. Seven-day cruises aboard **Norwegian Caribbean's** Southward go to Grand Cayman, Cancun, Cozumel, Jamaica, and the Out Islands in the Bahamas.

11. Carras offers its third annual 7-day cruise from New Orleans to Havana, Cuba, with stops at Cozumel and Grand Cayman. The Danae makes seven Saturday sailings, beginning Dec. 30.

12. Norwegian America has cruises to the North Cape, Mediterranean, Europe, Around-the-world, and to the Caribbean. Or take an East Africa cruise—35 nights, leaving from Milan on Oct. 28.

13. On Oct. 28 and Nov. 8, the Fairwind leaves from Ft. Lauderdale for **Sitmar's** "Broadway at Sea" cruise to the Caribbean. On board: performances of "South Pacific," "Hello Dolly," and others.

14. Carnival cruises leave from Miami every Saturday to go to the Caribbean. Bonus: Take the train to Miami and get your cabin fare reduced by the price of a one-way ticket on Amtrak.

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OCTOBER HAPPENINGS

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Looking for something to do in October? There are plenty of festivals, craft and museum shows, and fairs scheduled across the country. Here are just a few:

In *Washington, D.C.*, the 12th annual Festival of American Folk Life is planned for Oct. 4-9. This year's theme: community. Craft demonstrations, folklore, weaving, dancing, and more from five regional communities. Local museums have organized special exhibits to run in conjunction with the festival. While there, look for the new "Explore the Planets" exhibit at the Air & Space Museum.

Boston is organizing a huge fall theatre-opening celebration, highlighted by a reception at the Park Plaza Hotel. Restaurants across the city will participate. It's in the planning stages, watch for the date. The dates are set, though, for "Treasures of Early Irish Art: 1500 B.C. to 1500 A.D." at the Museum of Fine Arts, Boston: Oct. 25-Jan. 21.

On Columbus Day, Oct. 9, the Tall Ships will pull in to *New London, Conn.* Nearby, in *Danbury, Conn.*, the 109th annual state fair will be coming to a close (Sept. 20—Oct. 9). Rides, food, agricultural shows, auto shows, and more. Other state fairs: *Oklahoma City, Okla.*, Sept. 22-Oct. 1; *Phoenix, Ariz.*, Oct. 20-Nov. 5; *Dallas, Tex.*, Oct. 6-22; and *Little Rock, Ark.*, Sept. 29-Oct. 8. County fairs continue as well; check with your local Parks Department for more information.

In *Philadelphia*, a touch of France arrives in the form of "Art in France Under the Second Empire:—over 400 works of art from the period of Napoleon III (Oct. 1-Nov. 26). Oct. 8 is "Super Sunday: The city stages a huge block party with arts and crafts exhibits, food, music, antiques, and more. The second annual Museum Showcase will be held Oct. 15-29: Chamber music, piano recitals, arts and crafts, and more provide a tribute to local museums and cultural institutions.

Elsewhere in Pennsylvania, fall means apples, and in *Gettysburg* on Oct. 7, 8, 14, and 15, you can celebrate Apple Harvest. Cider making, apple-butter making, tours of local orchards, and to top it all, the crowning of Miss Apple Queen USA.

Miss Cranberry Queen will be crowned in *Bandon, Ore.* the first weekend in October at the annual Cranberry Festival (Sept. 29-Oct. 1). Other activities include cranberry cook-offs, arts and crafts shows, fiddlers' jamboree, and a parade.

Salutes to fall foliage are going on everywhere, from the Northeast Kingdom Foliage Festival beginning Oct. 2 in *Cabot, Vt.*, to the Autumn Leaf Festival in *Leavenworth, Wash.* (Sept. 23-Oct. 1). Art, parades, logging events, flea markets. Meanwhile, Californians salute the sun at the 3rd annual Energy Fair in *Los Angeles* (Sept. 28-Oct. 1). The show is geared toward alternative energy sources and conservation. Special features: quartet of solar- and wind-powered electronic music, plus a solar-powered player piano.

If you live in *San Francisco*, it's a good time to go to the movies—at the 22nd annual International Film Festival, Oct. 4-15. New films from all over the world will be shown at the Palace of Fine Arts. Also in town: "Jasper Johns," a retrospective exhibit opening Oct. 20 at the San Francisco Museum of Modern Art.

And, by the end of the month, everyone is ready for Halloween—especially in Arizona. Festivals have been planned in *Scottsdale, Sierra Vista, Winslow*, and *Buckeye*.

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Wallboard repairs

How to handle popping nails, gashes, cracks, holes, and other wall problems

By Deanne Raffel

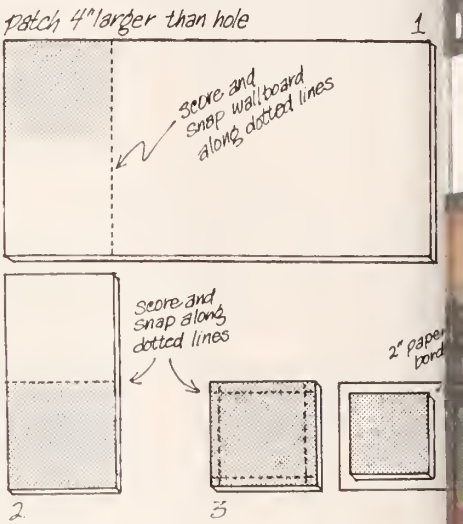
If your house is built with wallboard (also called plasterboard, drywall and gypsum board), as most modern houses and apartments are, you face problems, including popping nails, gashes, cracks, holes, flaky-bubbly areas. Here's how to tackle major problems that result from this type of construction:

Popping nails may protrude through the walls where they have come loose from the underlying studs. With a claw hammer, hit the nailhead squarely, and drive it 1/32 to 1/16 inch below the surface. If the force of the hammer breaks the surface of the wallboard, you will have to hammer a new drywall nail 2 inches above or below the original, since the old one will have lost its holding ability having punctured the wallboard surface. Use only annular or ring shank drywall nails. With a flexible wide-blade knife, spread premixed wallboard or joint compound to level the surface. Three thin coats, each dried in turn, will be necessary. Whenever filler is applied, the surface should be sanded when dry. Use fine sandpaper wrapped over a wood block and apply with a circular motion. If the surface is nearly smooth, a damp sponge will do the trick.

Cracks need filling and taping. In drywall construction, they appear at seams and corners. Peel away the old tape covering the cracked area, and scrape away the cement. Spread a layer of fresh compound, cover the crack with perforated joint tape, and run a wide scraper over the area to push the tape slightly into the filler. Let dry, add a second coat of compound and, when dry, add a third to level. Feather or slightly angle edges of filler to blend the patch with the wall.

Gashes and small holes need repair with compound. For best results, apply at least three thin coats working from the edges to the center.

Bubbly-flaky areas occur when a leak or constant moisture destroys the wallboard surface. To repair, you can cut out the entire 16-inch strip from the center of one stud to the next and nail a new strip of wallboard with drywall nails. Then fill and tape the seam. If the damage has occurred in a smaller area, you can cut out that portion of the wall with a compass or saber saw, being careful not to pierce the inside wall, and make a patch out of wallboard. (If you have a large hole in your wall, this patching technique will work well.) Cut a patch 4 inches larger than the hole (1). The best way to cut wallboard is to score a line on the front (lighter colored) side, then snap along that line using your knee as leverage. Cut the backing paper to free your piece. Break off a strip the width of your patch, and then snap the patch from the strip (2). Draw a rectangle 2⅛ inches smaller than the patch on the back side, and cut along it. Snap the plaster, but do not separate from the front paper. Peel off the back paper and plaster so that a 2⅛-inch paper border edges the patch (3). This will serve as tape when the patch is inserted in the wall. Apply compound to sides of hole and to 2½ inches of the surrounding wall. Insert patch and run a wide blade over the paper overlap to adhere patch to wall. Let dry, add more compound to cover overlap as necessary, and sand.



Paint clean-up A new product takes paint residue off windows easily, eliminates tedious scraping with a razor. Spray on "Latex Paint and Stain Off Cleaner," let it stand a few seconds, wipe it off with a paper towel. Use it also to clean paint and stain from aluminum window frames, vinyl, ceramic tile, and Formica countertops—it won't harm plastics, painted or stained wood. At paint and hardware stores or D. J. Enterprises, Inc., P.O. Box 33, O'Fallon, Mo. 63366. 22-oz., $3.95 ppd.

Continued on page 98

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HOUSE FIXER

continued from page 96

Add-on sun room

A solar room to add to house or deck is made for assembly and consists of framework, double skin cover, doors, blower, and fan. For southern, southeastern, or southwestern exposures, it serves as a greenhouse or solarium. Precut, it is framed by aluminum extrusions and steel struts, enclosed by a two-layer skin of polyethylene; a 35-watt blower inflates space between layers creating an insulated enclosure. 7 foot, 1 inch wide by 8 foot, 1½ inches high; and 6 foot, 9 inches by 9 foot, ½ inch. Lengths from 12 to 39 feet in 3-foot modules. From $899 to $1,394, plus shipping. Solar Room Co., Box 1377, Taos, N.M. 87571.

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Current conserver

An energy-saving device that cuts costs of electric water heater operation is the "Electricity Miser." Programmed to turn the heater on for peak hot-water use and turn it off in nonuse periods, the 6-inch square unit can be set to fit a family's use patterns. Two hours in the early morning, two hours late in the day usually make most demands on hot-water supply. If the water heater turns off in unneeded hours and uses no electricity, costs can be cut in half. Heated water in the tank is still available and a manual control turns heat on again if needed. Underwriters' Laboratories approved, $49.95. Micro Lamba, Inc., P.O. Box 1683, Winter Park, Fla. 32790.

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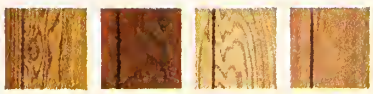

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To the Dealer: Champion Building Products will reimburse you the face value of the coupon plus 25¢ for handling, provided you receive it on your retail sale of 3 or more Craftsman II panels. Any other application constitutes fraud. Coupon void and forfeited at our option if invoices proving purchase from Champion Building Products of sufficient stock to cover all redemptions are not produced on request. Coupon not transferable and void where taxed or restricted by state law. Cash value 1/20¢. Limit: one coupon per family. Send all coupons to your local Champion Building Products Sales Office.

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(Glorious colors, rich textures, superb quality)

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(We can help you create, color coordinate, decorate)

Four, to go!
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THINKING MACHINES FOR EVERY ROOM

continued from page 58

Your weight in lights
Battery - operated electronic digital scale gives a bright lighted readout of your weight. Registers weights from 25 to 300 pounds. $48.98. By General Electric.

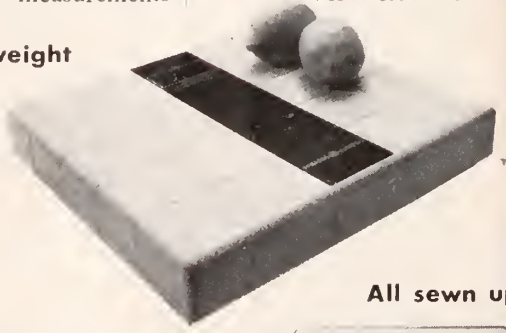
All sewn up
Sleek portable sewing machine, run by an electronic control center and pneumatic foot control, sews 26 different stitches, including buttonholes. The free-arm, extra-low base, and smoked Lexan wraparound cover make sewing easy. The Elna SU "air electronic" sewing machine. $989. Distributed by White Sewing Machine.

Metric-minded blender
A "calculating" blender converts English measurements to metric, or vice versa, and displays the results in a lighted numerical window that also indicates blending speed and time. The control panel's smooth touch/blend squares are flat and easy to clean. 16 speeds. "The 2001 Electronic Blender." $69.95. By Hamilton Beach.

Total whiz
Versatile home computer plays games, issues checks, handles correspondence, answers the telephone, logs calls, stores recipes, balances your checkbook, and more. Insert an educational cassette and the PET becomes a teaching machine. $795. By Commodore. At Computer Factory, New York, N.Y. 10017.

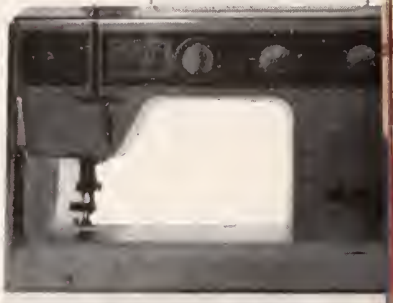
ALL PRICES APPROXIMATE

Your weight in lights



All sewn up

Metric-minded blender



TOM YEE

Total whiz

More electronics, page 146

THE DESIGNERS SPEAK

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Director of Styling and Design
World Carpets

Stapleton Long
Chief Designer
The Berkline Corporation

Inger McCabe Elliott
President
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Luis Estevez
Designer
Dan River, Inc.

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Edward Goodman
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ZEPEL

DECORATING FOR THE WAY YOU LIVE

ideas from interior designers in stores across the country

Living room furnished by Woodward/Lothrop. For more of the house, see page 160.

When you're looking for a decorator don't forget your local department and specialty stores. Their interior design studios are staffed with qualified designers who can help you with any project you have. They can decorate a room—or, for that matter, a whole house full of rooms—from scratch; or, they can bring what you already have up-to-date.

Working with a store interior designer, you'll have every design source available to you. If you want to do your own shopping—but would like the advice of a professional—you can usually hire one of these designers on a consultation basis. Decorating is a retail business—designers buy wholesale and sell retail—so, either way, you'll be paying the same for the merchandise you decide to buy. Ask your design studio about its consultation fees when you're making arrangements to begin work. (Some stores may charge an initial design fee which is refundable and is usually applicable to the cost of the merchandise you buy.)

In addition to all this, you have the benefit of the store's payment plan, its return-of-merchandise policy, service departments, and reputation that stands behind everything you purchase from it.

Here are some decorating ideas from directors and designers at interior design studios in fine stores across the country.

"Rooms are to be lived in . . . the way you live. Don't hesitate to put a bath in your bedroom or to combine kitchen, living, and dining rooms for a true heart-of-the-house room. The important thing is that your rooms reflect your personality and lifestyle. If you collect rocks, don't hide them away in a closet; bring them out and display them in cases on the wall, or together on a table. If you travel, pick up furniture and accessories wherever you go. If you love plants, use them; one wonderful tree or lots of scattered plants for a breath of life in every room." *RICHARD E. CHOINIERE, Strawbridge & Clothier, Philadelphia, Pa.*

"Outfit an extra room to suit your own personal need—or transform an unused corner of a room. Plant lovers can turn a butler's pantry into a potting shed; people who entertain a lot can convert a corner of their kitchen—or bedroom—into a party planning area." *HUGH LACROIX, Carson Pirie Scott & Co., Chicago, Ill.*

"A decorator can help you put your money into quality furnishings that can move with you. Don't be afraid to mix furniture styles—say, steel and brass with bamboo; or upholstered sofas and chairs with rattan." *JACK DORNER, Woodward/Lothrop, Washington, D.C.*

"Use stackable furniture and wall units in every room. They're terrific space savers. And don't hesitate to use them in your bedroom as you might in a den or living room. You could wrap a whole bedroom with shelving for books and collections, bring in a comfortable chair, and turn it into a bed-sitting room." *JERRY GARTEN, Dayton's, Minneapolis, Minn.*

"Try carpeting your walls for a sense of coziness (you'll have a great insulator too). Even a sparsely furnished room can be warmed up by carpeted walls." *THOMAS STANFORD, The Higbee Company, Cleveland, Ohio.*

"Durrie or kilim rugs will add punch to any room. They're art for the floor. And they come in wonderful bold primary colors and in every price range." *JOHN TAYLOR, Macy's, New York, N.Y.*

"Update hand-me-down furniture with contemporary pieces. Refresh a dark Oriental rug with love seats covered in natural canvas; or use painted wicker chairs around a mahogany dining-room table." *ROBERT LUDDINGTON, Jordan Marsh, Boston, Mass.*

"Paring down is a must, especially when you're moving from a large house to a small apartment. But getting rid of the things you've lovingly collected over a whole lifetime is not that easy. How do you decide what to keep, what to part with? First, think about which things will mean the most to the way you live. If, say, comfort is important, then keep the overstuffed armchairs. If you have a collection of small things—baskets or glass—use them as accessories and do away with the other ashtrays and curios that aren't part of the collection." *JIM CARKONEN, The Bon, Seattle, Wash.*

"If you live in a hot climate, decorate with pale colors—dusty pastels, muted browns, blues. For example, you could do a room with stone-colored carpeting, gray-painted walls, and furniture upholstered in a peach and blue printed chintz." *MARY ANN SCHULER, Joske's, Houston, Tex.*

"Use one wonderful chintz pattern to pull a traditional room together. Use it to upholster a sofa and chairs; then borrow one of its colors for the walls, carpeting, and accessories. In a modern room, use pure white for everything and let the shapes of the things you bring in create all the drama." *ALBERT PENSIS, W & J Sloane, New York, N.Y.*

"The most interesting rooms are built around contrasts. If furniture is all modern, use all traditional accessories. You could, for example, accessorize Ultrasuede-covered banquettes with Oriental porcelain lamps. Or, use a chrome-based, glass-topped table or a modern olive burl commode on a durrie rug; cover mirrored walls with traditional paintings." *RICHARD RYAN, Bloomingdale's, New York, N.Y.*

"Chippendale chairs look fresh around a round glass table; or use an oak trestle table with Mies van der Rohe cantilever chairs in a dining room. In a living room, arrange clean-lined contemporary modular furniture on an intricately patterned Oriental rug." *ELIZABETH BJORK, J.L. Hudson Company, Detroit, Mich.*

"Don't forget the practical side of decorating. In hot climates, where energy control is a daily concern, it often makes good sense to insulate your windows with blackout curtains (rubberized fabric with cotton backing) under casements or another curtain. In less extreme climates, use 100 percent cotton curtains (they're good insulators and they're easy to launder) over shutters, blinds, or Roman shades. And on the floor, lay ceramic tile or a carpet of synthetic fibers with a sturdy backing. Synthetic fibers resist mildew that's common in very humid climates. You could even use a neutral-colored synthetic carpet as a base and lay a durrie or kilim rug over it." *HELENE BROWN, Burdines, Miami, Fla.*

"Let your collections be an element of the overall design of the room. A collection of small things, say, Hummel jars or crystal obelisks, achieves its greatest impact if the whole thing is displayed together on a table or in a china cabinet. A collection of larger things—one of clocks or quilts—should be spread out through the whole house to add charm to every room. Grouped together in a single room, 10 clocks on a sideboard or

Continued on page 106

Baker Furniture 17th Century English Collection

Originating in the manor houses of Shakespearean England, this collection includes many authentic reproductions for bedroom, dining room and living room. Of significant interest are the geometric inset panels with tear drop brasses on the side board, the generous baluster shaped table legs and the unique spool turned stretcher of the chair.

You are invited to send $4.00 for the 17th Century English Catalogue, Baker Furniture, Dept. 952, 10 Milling Road, Holland, Michigan 49423.

Baker Furniture
A North American Philips Company

See the Baker 17th Century English Collection at these fine stores.

Canada
Frasers, *Montreal*
Art Shoppe, *Toronto*

Alabama
Oxford Furniture Gallery, *Birmingham*
Town House, *Decatur*

Arkansas
Strawns', *Little Rock*

Arizona
Mehagians, *Phoenix*
Lou Regester, *Phoenix*
Breuners, *Scottsdale*
Mehagians, *Scottsdale*
Haydens, *Tucson*
Lou Regester, *Tucson*

California
W & J Sloane, *Beverly Hills*
Breuners, *Campbell*
Breuners, *Daly City*
Breuners, *Fresno*
Cannell & Chaffin, *La Jolla*
Lloyds of Long Beach, *Long Beach*
W & J Sloane, *Los Altos*
Cannell & Chaffin, *Los Angeles*
Bullocks, *Los Angeles*
Cannell & Chaffin, *Newport Beach*
Breuners, *Pleasant Hills*
Breuners, *Richmond*
Breuners, *Sacramento*
Breuners, *San Carlos*
Sloanes, *San Francisco*
W & J Sloane, *San Jose*
W & J Sloane, *San Rafael*
Bullock's, *Santa Ana*
Breuners, *Santa Rosa*
Breuners, *Stockton*
W & J Sloane, *Walnut Creek*

Colorado
Homestead House, *Colo Springs*
Howard Lorton, *Denver*
May D & F, *Denver*

Connecticut
Puritan Furniture, *Elmwood*
Terryville Furniture, *Terryville*

District of Columbia
Woodward & Lothrop, *Washington, D C*

Florida
Jacobson's, *Longwood*
Blockers, *Ocala*
Lleyds Furniture, *Orlando*

Georgia
David Inc , *Atlanta*
Collins & Huff, *Columbus*
Wilson Galleries, *Fort Valley*

Idaho
Hendrens, *Boise*

Illinois
Marshall Field & Co., *Chicago*
Sandusky Furniture, *Danville*
Cottingtons, *Glen Ellyn*
Distinctive Interiors, *Marion*
Interiors by Edstrom, *Moline*
Colby's, *Northbrook*
Colby's, *Oakbrook*
Underwood's, *Peoria*

Indiana
Jefferson House, *Fort Wayne*
Herbert Graffis, *South Bend*

Kansas
Marion Alley Interiors, *Augusta*
Stix, Baer & Fuller, *Kansas City*
Sauder's, *Wichita*

Kentucky
Design Associates, *Louisville*
Shillito's, *Louisville*

Louisiana
Clark-Dunbar, *Alexandria*
Hurwitz-Mintz, *New Orleans*

Massachusetts
Paine Furniture, *Boston*
Sam Salem Furniture, *West Springfield*

Maryland
Contemporary Design, *Garrison*

Michigan
J L Hudson, *Ann Arbor*
Lewis Furniture, *Bloomfield Hills*
J L Hudson, *Detroit*
Pierson Interiors, *Detroit*
J L Hudson, *Flint*
Earl J Tremberr, *Flint*
Perlmutter and Freiwald, *Franklin*
Klingman's, *Grand Rapids*
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Missouri
Rust & Martin, *Columbia*
Rust & Martin, *Cape Girardeau*
Fenton Huff, *Joplin*
Edward Keith, *Kansas City*
Stix, Baer & Fuller, *Kansas City*
Lammert Furniture, *St Louis*
Stix, Baer & Fuller, *St Louis*
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Mississippi
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Gayfers, *Edgewater*
Fine Arts Division, *Jackson*
F A Hulett, *Meridian*

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Breuners, *Reno*

New Jersey
Furniture Fair, *East Hanover*
L Lowenstein, *Millburn*
Greenbaum Bros , *Paterson*

New Mexico
American Furniture *Albuquerque*

New York
Nelson Ellis, *Binghamton*
Oxford House, *Brooklyn*
B Altman and Company, *New York City*
Mangurians, *Rochester*
Caldwell's Interiors, *Syosset*
J H Harvey, *White Plains*

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Bloom Furniture, *Fayetteville*
Grindstaffs, *Forest City*
The Country Shop, *Hickory*
Young's Furniture, *High Point*
Nite Furniture *Morganton*

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Cope Furniture, *Alliance*
R & J Furniture, *Canton*
Shillito's, *Cincinnati*
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Cathey's, *Tulsa*

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Louis Shanks, *Austin*
Browning Brothers, *Corpus Christi*
Gabbert's, *Dallas*
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J Paul Cunningham, *Odessa*

Utah
Crawford & Day, *Salt Lake City*
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DAN RIVER RUNS DEEP™

Decorating for the way you live
continued from page 103

6 on a mantel, might make the room look like a clock store." *KRIS KOLAR HOYING, Rich's, Inc., Atlanta, Ga.*

"Scatter a small collection all over a house so the collection goes on and on. That way, each piece is isolated so it can be noted for its intrinsic beauty. You could group two or three little things together—but never more than that—and maybe mix the grouping with different things—say, paperweights with tall candlesticks or a vase full of flowers. Similarly, in bookcases, you might mix books with flower arrangements, sculpture, or plates and tiny pictures mounted on easles. That way, the bookcase becomes as decorative as it is functional." *HARRIET NUTTER, Kittle's, Indianapolis, Ind.*

"Define different areas in a single room with carpeting in different colors all sewn together. For example, in a traditional room with a seating group in the center, you could use off-white between the sofas and chairs, frame it with gold, and, then, in the aisles around the room, use black or brown. Or, in a huge room, visually separate dining, living, and study areas with one color for each area." *RICHARD SHINN, Barker Bros., Los Angeles, Calif.*

"Use wall systems as room dividers—say, between a living room and dining area, or to break up a living room and create a small study on one end. Or, just use them as room wraparounds and let them turn corners gradually for a soft, romantic look. If you live in a loft-type space, use wall systems to create rooms within rooms: You could, for example, square off a room in the center and work other rooms all around it." *ELISABETH LANE, O'Neill & Bishop, Ardmore, Pa.*

"Hanging plants, staggered at different levels are a fresh way to define areas within a room, like an eating nook off a kitchen. Or, build a dining or reading platform at one end of a long narrow room. And treat the platform area differently from the rest of the room: Paper it if the room is painted or carpet it if the rest of the room is bare-floored." *MARY LOUISE SALVO, B. Altman & Co., New York, N.Y.*

"Modular furniture can be grouped around a living-room fireplace—or its various pieces can be used individually to give a bedroom or bathroom a seating area. You can also move the pieces from room to room as you need them. You could use the armless chairs as host and hostess chairs at either end of the dining-room table and the ottomans for extra chairs in between." *SHIRLEY FRENCH, Gabbert's Furniture & Studio, Dallas, Tex.*

"Use fat-cushioned modular furniture to give warmth to a stark room. For example, take a charcoal gray room; give it a huge sofa, a couple of armless chairs, and an ottoman all covered in light gray flannel or wool; add up-lights; and the whole room will radiate a sense of comfort." *CLIVE KAHN, Macy's, San Francisco, Calif.*

"Replace wool rugs with rush ones in warm-weather months. And cover damask, velvet, or silk-upholstered furniture with slipcovers in cotton or sailcloth." *J. BURGIN BAROUSSE, D. H. Holmes, New Orleans, La.*

"A new material used lavishly can freshen up a room. It could be fabric, mirror, paneling—or anything else you choose. I like to use Copperlit's new laminate with aluminum, brass, chrome, or etched copper finishes. It comes in sheets, so you could use it to cover walls—or to build whole wall systems (it's lightweight); or, instead of wood or chrome and glass, to make tables." *JIM HIPP, Colby's, Chicago, Ill.*

"Louver blinds on tracks are one terrific way to divide space. They can define an area, like a dining area off a living room, without detracting from the overall flow of space. You could also louver a whole wall to give a room some architectural interest—and even wallpaper the louvers. Vertical Mylar louver blinds used on a wall look like mirror, but give a more contemporary feeling." *CAROLE ZENERE, John M. Smyth Co., Chicago, Ill.*

"Felt hung on walls and ceiling hides imperfections—and transforms your room at the same time. You can simply glue felt that's 6 feet wide to the plaster (and if you want, later on, you can wallpaper over it with fabric-backed vinyl). The felt is a good insulator, and used in a child's room in a bright color it's practical and the child can pin his posters right to the wall. For a more tailored look, cover walls and ceiling with gray felt and use Mylar tape in chrome or brass on panel moldings. You could carry the look to all the windows with chrome or brass one-inch Venetian blinds." *DAVID N. LEWIS, L. S. Ayres & Co., Indianapolis, Ind.*

"Fold-back screens hinged on one side of a window can give an ordinary casement window a sleek contemporary look. You can cover the screen with the same fabric you use on a sofa or chair, or you can wallpaper it so, when closed, the screen blends right into the background. And use windowsills to display a collection of porcelain or glass. With light shining through them, they look better than ever." *JAMES R. IRVING, Halle's, Cleveland, Ohio.*

"Use mirror to give your rooms an extra dimension. You could use strips of mirror for cornice and baseboard moldings . . . and to reach from the floor to the ceiling across each corner of the room. Or, you could use strips of floor-to-ceiling mirror across a whole wall, letting part of the wall show between each strip." *MILDRED HUNTLEY, Sanger Harris, Dallas, Tex.*

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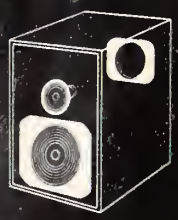

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1. Bath and kitchen ideas fill Kohler's 40-page guide to plumbing products for your home—whirlpool baths, bathtubs, shower coves, toilets, bidets, lavatories, kitchen sinks, faucets, showerheads, and other accessories. Booklet assists with product selection, color coordinating ideas, building, remodeling, and decorating plans. Convenient color guide included. Kohler Co. 50¢

2. Modern furniture collection begins with an architectural modular system that can function in any living area with complementary furniture, which will relate to the system or stand alone. Fine veneers combine with stainless steel and glass for a modern ambiance throughout the living, dining, and bedroom pieces. Baker Furniture. $4

3. "A Dictionary of Textile Terms." This useful little volume is designed to assist you in understanding the ever-changing language of textiles and gives an appreciation of the important role of the textile industry in America. Dan River. 50¢

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6. Windows Beautiful-volume VI. A complete and authoritative book on window treatments. Room-setting photos in color, examples of most popular types of treatments, styles suitable for various rooms, ideas for common and problem windows, how-to for measuring and sewing basic treatments for many types of windows. Kirsch Company. $1.95

7. Guide to do-it-yourself decorating. Forty-page book filled with ideas and professional tricks for decorating with fabric. Gives detailed instructions for putting fabric on walls and windows, making unusual pillows, wall-hangings,

Continued on page 112

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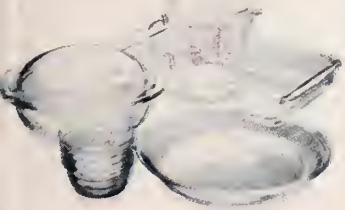
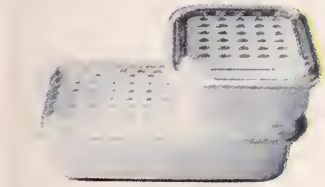


Pyrex ware Microwave Starter Set

Corning Ware Microwave Rack



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Idea booklets
continued from page 110

tablecloths, using a staple gun—and much more. Includes a list of home fabric stores that carry seconds. Calico Corners. $1.50

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DECORATE IT YOURSELF

By Stephen and Mary Cole

On the light track

How to choose and install track lighting for any purpose and room in your house

Whether you're lighting a complete room, washing a single wall with light, or spotlighting a painting or work area, a track system does it all. Fixed to the ceiling, it frees up floor space, and it can also help you change the look and mood of your room with the flick of a switch. The kind of play with color we're used to in the theatre is right at home, now that track systems offer multicolored bulbs and filters. What's more, the track system is completely adjustable, moving as you move your furniture and objects within a room, or from house to house. Track lighting can do a lot to alter the dimensions of a space. Bathing the wall of a small room with light will make the space seem larger. Big spaces on the other hand become more intimate when general illumination is low and certain areas spotlighted. Of course, track fixtures can help to direct the proper amount of light to desks, workshops, game tables, sewing corners without cluttering up the work surface with individual lamps.

Track lighting is easy to install if you are a do-it-yourselfer, though you will need help from an electrician if you recess wiring or put in more than one circuit with dimmer controls. For the most part, though, the greatest effort needed to set up a system goes into pre-shopping decisions.

Before you buy

Ask the following questions to analyze the space you are going to light and to rate the track and fixture you're considering:

ABOUT THE SPACE

What is the room used for?

Where will light be required?

What is the scale and size of the space?

Is the function or arrangement of the room apt to change, altering the lighting requirements (will a bedroom become a sewing room, will the living room be rearranged?), or is the purpose of the room fairly permanent (as in a kitchen or bathroom)?

ABOUT THE TRACK

Where will the track be mounted?

Will it plug into a wall outlet or be wired into a recessed power box in the ceiling?

If you're planning a more sophisticated system, does the track accept many of the special accessories and fixtures available today?

ABOUT THE FIXTURES

Do fixtures have proper tension or a locking device so they stay in position when aimed? (Fixtures with a double yoke, supported from either side, usually stay in position better than fixtures hung from a single center stem.)

Does the mounting device on top of the fixture fit into the track you're considering? (Track and fixtures by the same manufacturer are made to be used exclusively with each other, but adapters are often available to cross-coordinate.)

Continued on page 118

"Joanna shutters, shades and woven woods... fashionable architectural treatments for today's windows."

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Consultant to
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"Today's freer life-style calls for a fresh approach to window treatments—one that is simple, handsome and easy to care for. Joanna's Shades, Shutters and Woven Woods give all three, and offer color and texture interest as well... the perfect solutions to window dressing with style."

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The Bold Look of Kohler

DECORATE IT YOURSELF

continued from page 116

Do fixtures accept a wide variety of bulbs and accessories?

Are colored filters available, in a wide range of colors? If so, do fixtures have spring clips long enough to attach these colored filters?

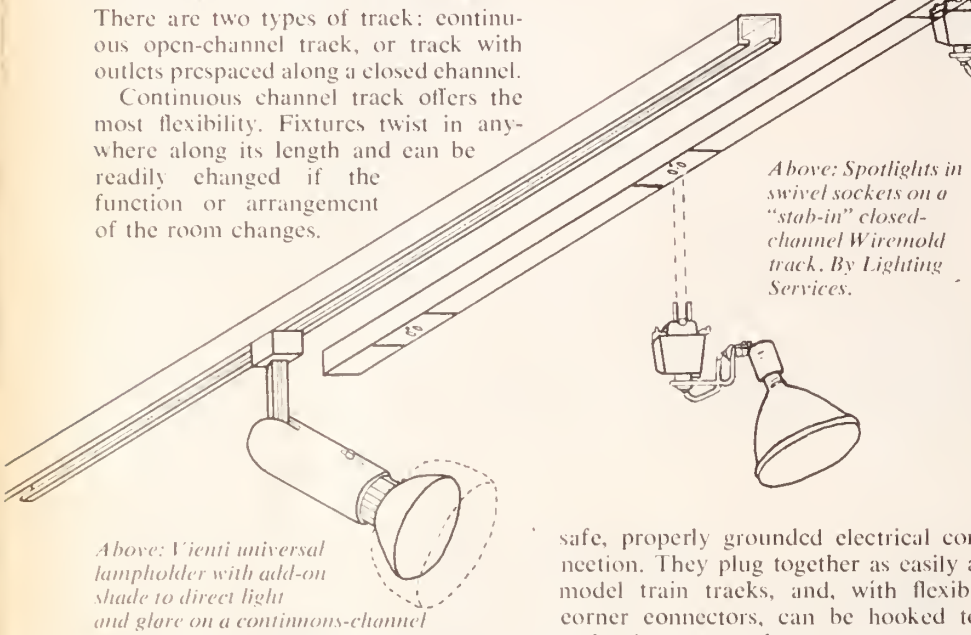
How to choose a track

There are two types of track: continuous open-channel track, or track with outlets prespaced along a closed channel.

Continuous channel track offers the most flexibility. Fixtures twist in anywhere along its length and can be readily changed if the function or arrangement of the room changes.

Where lighting requirements are not apt to change, and flexibility is not a prime concern, you might choose closed channel tracks, which are protected from grease and steam. They can be painted along their bottom edge for a neater finished look. Fixtures "stab" into outlets along the length of the track.

Both types of track are sold in various lengths and finishes. Most track sections are prewired and polarized to assure a safe, properly grounded electrical connection. They plug together as easily as model train tracks, and, with flexible corner connectors, can be hooked together into any angle.



Above: Spotlights in swivel sockets on a "stab-in" closed-channel Wiremold track. By Lighting Services.

Above: Vienti universal lampholder with add-on shade to direct light and glare on a continuous-channel Miniature Trac. Fixtures from Halo.

Choosing a power source for your track

There are two ways to supply power to a track system:

1. Connect the track to a recessed power box in the ceiling, which conceals the wiring. (For this you will want to call in a licensed electrician.)

2. Plug the track into a standard wall outlet with a cord-and-plug accessory. To minimize the cord, run it along the ceiling line, down the corner of the room, and along the baseboard to the outlet.

A word about circuits

The average 15- or 20-amp circuit in a normal room can safely supply about 1,200 watts of power. Add up the wattage of each bulb on your track to be sure you don't exceed your limit and blow a fuse.

A single circuit track system is sufficient for most homes. However, more exciting effects are possible with a multicircuit system—you might have colored lights on one circuit, white light on another, all on the same track. In this case, an electrician divides an ordinary electrical circuit into 2, 3, even 4 separate circuits, and replaces a wall switch with several switches or dimmers. Instead of regular single-circuit track, you install multicircuit track, which is deeper, and must be connected to a recessed power box in the ceiling.

Mounting a track

The easiest way to mount a track is directly on the ceiling by simply pressing out the pre-embossed circles in the top of the track. Insert appropriate wood screws or toggle bolts through the holes. To attach a track to a concrete ceiling,

Continued on page 120

NORMAN McGRATH

Above: In a narrow galley kitchen, architectural designer John Saladino uses track for lights and hanging pots and pans.

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"Now you can design your home in any way you choose—and this is an unprecedented challenge for the furniture designer.

"Comfort, of course, is a constant. But today, scale and ease of use have become important, too. So while today's eclecticism has given us an opportunity to blend together formerly uncomplementary materials and styles, it has also made tougher demands to create style-with-comfort.

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DECORATE IT YOURSELF

continued from page 118

WILLIAM P. STEELE

Above: In a minimally decorated dining room, track lighting is used to focus attention on a modern painting.

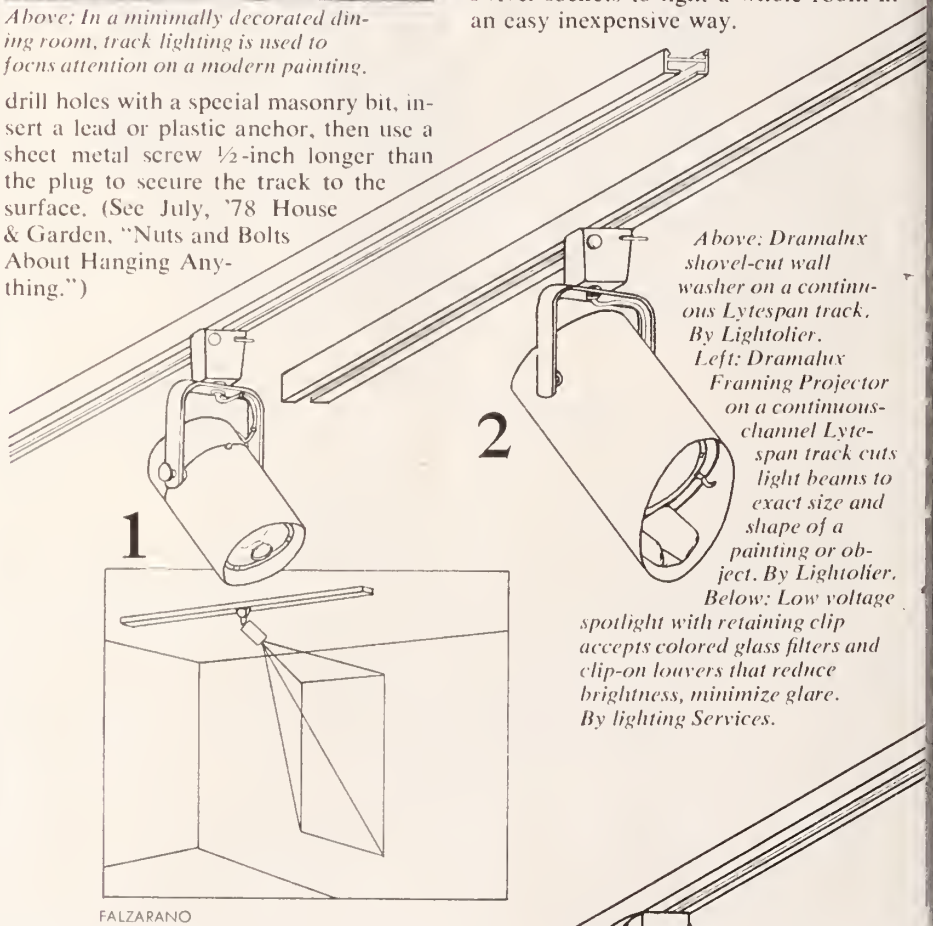
drill holes with a special masonry bit, insert a lead or plastic anchor, then use a sheet metal screw ½-inch longer than the plug to secure the track to the surface. (See July, '78 House & Garden, "Nuts and Bolts About Hanging Anything.")

Where to mount your track

To light objects on a wall or to wash a wall with light, track should be mounted 2 to 3 feet from the wall when ceilings are 7½ to 9 feet high. Move the track 1 foot further from the wall for every 2 additional feet of ceiling height. If the track is mounted too close to the wall, objects on the wall will be shadowed. If the track is too far from the wall, the light source may be reflected and cause glare in the eyes of those near the wall.

Choosing your track fixtures

Cylinders, squares, and spheres are the most common fixture shapes. They are often used to provide task or accent lighting. Shovel-cut cylinders are specially made to wash a wall with light. Lighting designer Ralph Bisdale often mounts ordinary 30- or 50-watt bulbs in basic swivel sockets to light a whole room in an easy inexpensive way.

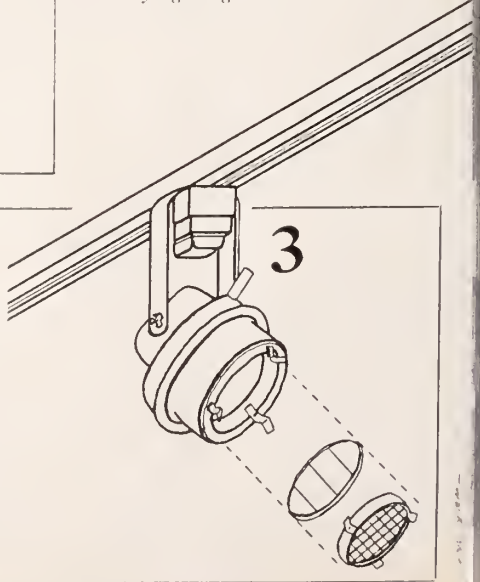


Above: Dramalux shovel-cut wall washer on a continuous Lytespan track. By Lightolier. Left: Dramalux Framing Projector on a continuous-channel Lytespan track cuts light beams to exact size and shape of a painting or object. By Lightolier. Below: Low voltage spotlight with retaining clip accepts colored glass filters and clip-on louvers that reduce brightness, minimize glare. By lighting Services.

FALZARANO

Low voltage lighting

Low-voltage bulbs and fixtures are more expensive than standard equipment, but their cost is offset by their long life and long-term savings in electricity. (They use half the power of standard bulbs, and can be attached to any track.) Low-voltage lighting is whiter, crisper, and more brilliant than standard lighting, gives off less heat, and improves the quality of colored light when a low-voltage fixture is capped with a tinted filter.



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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Decorating to please yourself

If you're a collector, you know the pleasure of living with the things you love. So don't let small space put a ceiling on your collecting. Clever decorating can find space for anything. You can build levels to make one room feel like many, and hide storage in multipurpose furniture and partitions. You can use color in paint and fabric or mirror to make space move, push-around furniture to make it more versatile. And you can be just as inventive in displaying your collections as you are in managing your space. If you love quilts, for instance, hang them on your walls as art. If you collect cookware, arrange it as part of your kitchen decorating. House & Garden welcomes you to an issue full of ideas for decorating with the space you have and the things you love.

How to hang it If it's a quilt: Phyllis Haders (see her collection on page 142) sews her quilts to muslin at the strongest part of the binding—where the seam turns under—then staples the muslin to a wooden stretcher "so it looks like a textile painting. A fragile quilt should be framed under clear acrylic," she adds.

If it's a rug: "People are recognizing the relationship of antique textiles to contemporary geometric design," says Patsy Orlofsky, director of The Textile Conservation Workshop in South Salem, New York. "And we care about hanging fabrics beautifully, not just tossing them over chairs or into baskets." She recommends the traditional museum method for hanging a large rug or blanket: Sew a muslin sleeve to the back of the fabric and put a wooden dowel through the sleeve. (Dowel pins will secure the wooden strip to the wall.) "This method lets the fabric fall naturally and the dowel sends it an inch or so out from the wall, so you can appreciate its texture and weight." Find more tips on hanging and caring for fabrics of all kinds in Ms. Orlofsky's book, *Quilts in America* (McGraw-Hill).

If it's a painting: How does designer Billy Baldwin keep a wall full of paintings from shifting when the door slams? "Hang the picture from wire strung over *two* nails or hooks, not one, and set them on the backing as tightly to the inside of the frame as you can."

The clearest display... is a see-through shelf. You can have clear acrylic brackets made at a commercial plastics store, for individual pieces of pottery, baskets, anything you want wall-mounted—tailored to the size of the object and practically invisible. Individual brackets let you arrange pieces freely around a room instead of lining them up on a larger surface. (See Diane Love's Oriental jar collection, for an example, in House & Garden, September, 1978, pages 152-153.) Another way to "float" a collection is with glass shelving. If your room is wallpapered, paper the standards and brackets of your glass shelves in the same pattern as the walls, to make the supports disappear altogether. Idea from Karen Nyman, the Paper Lady.

Spotlight on... Enhance artwork, collectables—and people—with flexible track lighting you design yourself. Sections of track are available in two lengths and one to four circuits, ranging in price from $30 to $66, and you can choose from a huge variety of fixtures—floodlights, mirror reflectors, swivel socket lights, color gels, faceted quartz lamps—starting at $18 apiece. Designer Ralph Bisdale suggests changing the atmosphere of a room with three different color-circuits on track lighting around both floor and ceiling: a white light, a blue-green light, and a warm red-yellow glow. He also likes "light painting"—bouncing the light from color gels right off a round canvas. Design-it-yourself track lighting at Manhattan Ad Hoc. To learn more about track lighting, turn to page 116.

If you collect books Keep them alive longer by protecting them inside and out. You can keep bindings supple and clean with leather protector you apply with a soft cloth; preserve the cover of paperback and cloth-bound books with a solvent gel that prevents dust build-up. There's even a treated paper you insert every 20 pages or so to keep them from acidifying and decaying. Leather Protector, Bookleen Gel, and Interleaving Paper all at Talas in New York City.

Books in tight spaces You don't need to cover a whole precious wall with shelving if you love books but live in a small space. Use double-shelving units as room dividers (a good idea when two children share a bedroom, for instance). Or suspend box-type shelves from the ceiling: They work like beams to give a room character *and* hidden storage. And have you tried industrial shelving? Now there's Super-Erecta, with wire or solid shelves (like the ones in the Muniaks' apartment, House & Garden August, 1978, page 96) that come in zinc, chrome, or a sea green vinyl-coated finish. A 6-shelf unit 88⅝ inches high in zinc is about $195 at Manhattan Ad Hoc.

The collector's kitchen The kitchen's just the place where display and function make sense together. Show off cookware on a wall of handsome Gridworks—new from Copco, complete with racks, bins, hooks—that hang from walls or ceiling. Frame a kitchen window with a copper mold collection. Display your plate collection, as photographer Ernst Beadle does, in recessed shelves built right into cabinet doors, set off with a backing of patterned vinyl and held in place with trim bar guards. For more ideas, read on.

Decorating for

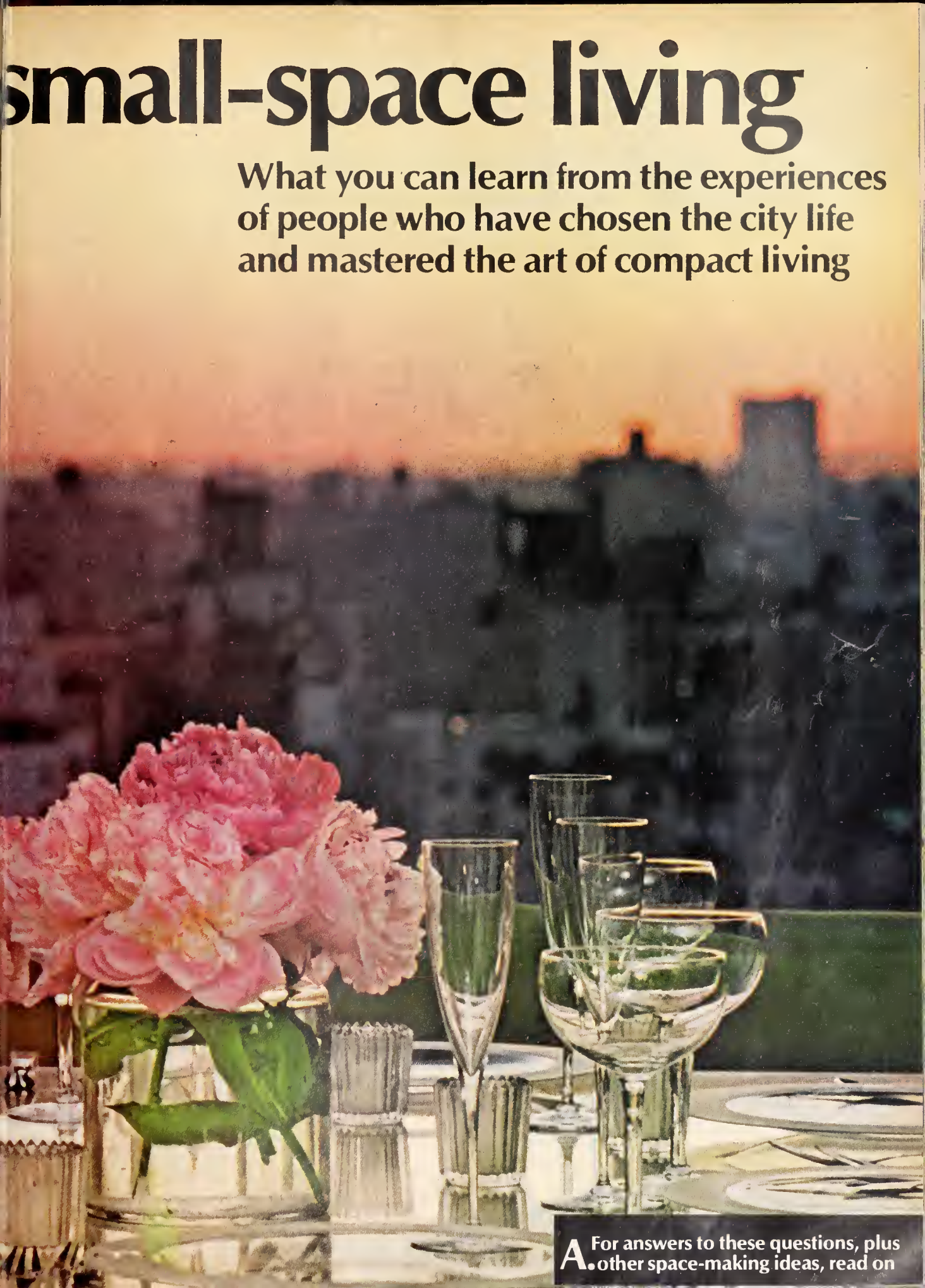
Q Is it worth it to remodel when you rent?

Q How do you create all the space you need in a small apartment?

Q How do you pep up a vintage house when you're on a budget?

small-space living

What you can learn from the experiences of people who have chosen the city life and mastered the art of compact living



A. For answers to these questions, plus other space-making ideas, read on

Jill, Jessica, Steve Michaels

DECORATING FOR SMALL-SPACE LIVING

Q. Is it worth it to remodel when you rent?

A. Compare the costs of buying. It might be better to invest in the space you have for the living you want.

Above: L-shape space. Natkin painting, André Emmerich.
Left: Plan of remodeled apartment by Craig/Press.
Previous page: Dinner with a sunset view, one of the joys of city living for the Michaels.

It's hard to beat a modern, two-bedroom apartment with a 26th-floor view and a swim club on the roof above. In this case, it's a rental, but Jill and Steve Michaels, who live here with daughter Jessica, 2, saw the value of investing in remodeling. "We're committed to the city; Steve works all hours." They love entertaining, and so by taking down a wall between living room and master bedroom, they gained one great space where 20 friends can gather. Up went mirror walls to extend the open feeling. A new, low storage wall created privacy for the sleeping area. For low maintenance, floor is painted off-white sealed with polyurethane. Colors are beige with a dash of melon. "I wanted a space that would float," said Jill. Furniture was designed dual purpose (buffet/storage, table/speaker cabinet) by Craig/Press Design Associates who did the remodeling.

KAREN RADKAI

Above: Mirrors expand Jessica's silvery beige room

Above: Living room sofa backs up to low partition wall. Bar unit incorporates wine storage, humidor, and stereo speakers.

Below: Peach quilted cover on the Michaels's platform bed. Mirrored wall doubles the space, rocking chair softens the look.

Below: Partition wall between living room and sleeping area holds storage for TV, Betamex, stereo, records, tapes, and books.

Above: Living room with enclosed "L." *Below:* Mirror expands space, reflects light. Wall hanging, other painting: Karl Mann.

Below: Up two steps, a new den, in the space that was once the dining "L." African stools on table: Luten-Clarey-Stern.

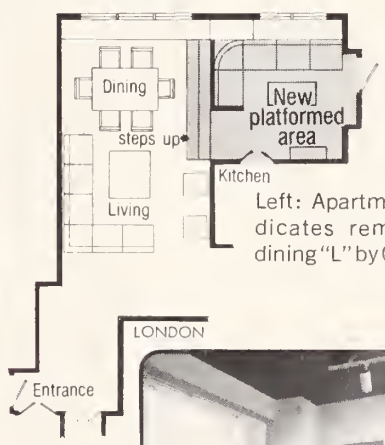
Q. How do you create all the space you need in a small apartment?

Geoffrey, Susan, Bill Grayson

A. Add new dimensions with platforms and partitions, push out the walls with mirror.

There may be more potential in a compact apartment than meets the eye. In this case, shifting the dining table out of the traditional "L" and adding a partition and carpeted platform created a whole, new, much-needed room for Susan and Bill Grayson and their 3-year-old son Geoffrey. They now have a den, an alternate place to eat, watch television, play games. "It makes the apartment seem more like a house," says Susan. As for the living room itself, a typical tunnel-like space was transformed with a whole mirror wall, opposite the windows, reflecting back light and space. L-shape seating creates a sitting corner within the multipurpose environment. Architect H. Gordon Press and decorator Tom Craig gave them a double duty bedroom, too. With a carpeted platform around the bed, this space became a second sitting room. Tall storage partitions enclose the bed, adding architectural dimension to a boxy room. The Graysons had a lot of ideas about decoration. "Clean, uncluttered, very functional, casual, easy care." This was beautifully achieved with beigy colors, comfortable upholstered furniture, wicker chairs, and glass-topped tables. The Graysons enjoy entertaining—"mainly buffet. Bill does the cooking," says Susan. Friends may include the Michaels, whose apartment you saw on the previous page.

Below: In the master bedroom, mirror sheaths bed niche between tall storage units. TV sits on a wraparound carpeted platform.



Left: Apartment plan indicates remodeling in dining "L" by Craig/Press.

Above: Firehouse red rug and ceiling in 3-year-old Geoffrey's room. Plenty of active play space.

DECORATING FOR SMALL-SPACE LIVING

Q. How do you pep up a vintage house when you're working on a budget?

A. Create a fresh, modern look with color, fabric, and push-around furniture.

Spruced with geraniums, Steven Martindale's half of the

A Georgetown brownstone with long, narrow rooms and a traditional personality got a double update: two new looks that change with the seasons and adapt to the life of Steven Martindale, a lawyer and enthusiastic host. With amazing economy, Donna Lang and Lucretia Robertson gave him flexible furniture that groups or scatters, dressed in cream, *right*, or freshened with green. To see it work, read on.

KAREN RADKAI

SUMMER

Living room furniture by Robert Tiffany for The Sherwood Corporation, summerized *above* with slipcovers made of Fieldcrest sheets. Shopping information, page 192.

For chamber music, *above*, the Steinway moves out from the bay window, rattan cushions add seating.

Living room and dining room share push-around furniture. Slipcovers give the bedroom two looks for the price of one

Guests move toward the fireplace in winter—so the furniture does, too, *above*. Tables from Jeffrey Bigelow.

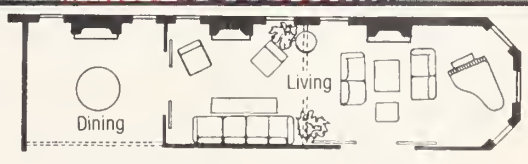
In the "jewel box" dining room, *below*, a multicolored tablecloth sparkles for a buffet. Kosta Boda dinnerware.

A house with this much character deserves special treatment—and its decorators gave it more than one. Starting at the center, a 15-by-39-foot "double parlor" divided by a high arch between two stately fireplaces, designers Donna Lang and Lucretia Robertson set out to make the most of its historic details. They painted the walls House & Garden Biscuit, and accented the moldings with stripes of Shell, Vanilla, and Oyster White. Two original chandeliers stayed put, and the existing floor was bleached and polished. "Once we had the shell perfect, we wondered how to furnish such a long room economically and hospitably," says Mrs. Lang. The answer was eighteen pieces of lightweight, sectional seating—costing just over $2,000—that can move spontaneously all through the room or easily into others. For even more versatility, an alternate color scheme takes the rooms from season to season and enhances any furniture arrangement (see plans, *opposite page*, for two favorites). The green slipcovers are really sheets that can be tossed in the washing machine after a party. Both the slipcovers and neutral upholstery work with variegated pillows covered in Bloomcraft chintz, and are equally at home in the Lacquer Green dining room. Here wall-to-wall green carpeting by Cabin Crafts, a mirrored mantel, and a sky blue ceiling make it look bigger than its 16-by-20-foot dimensions.

KAREN RADKAI

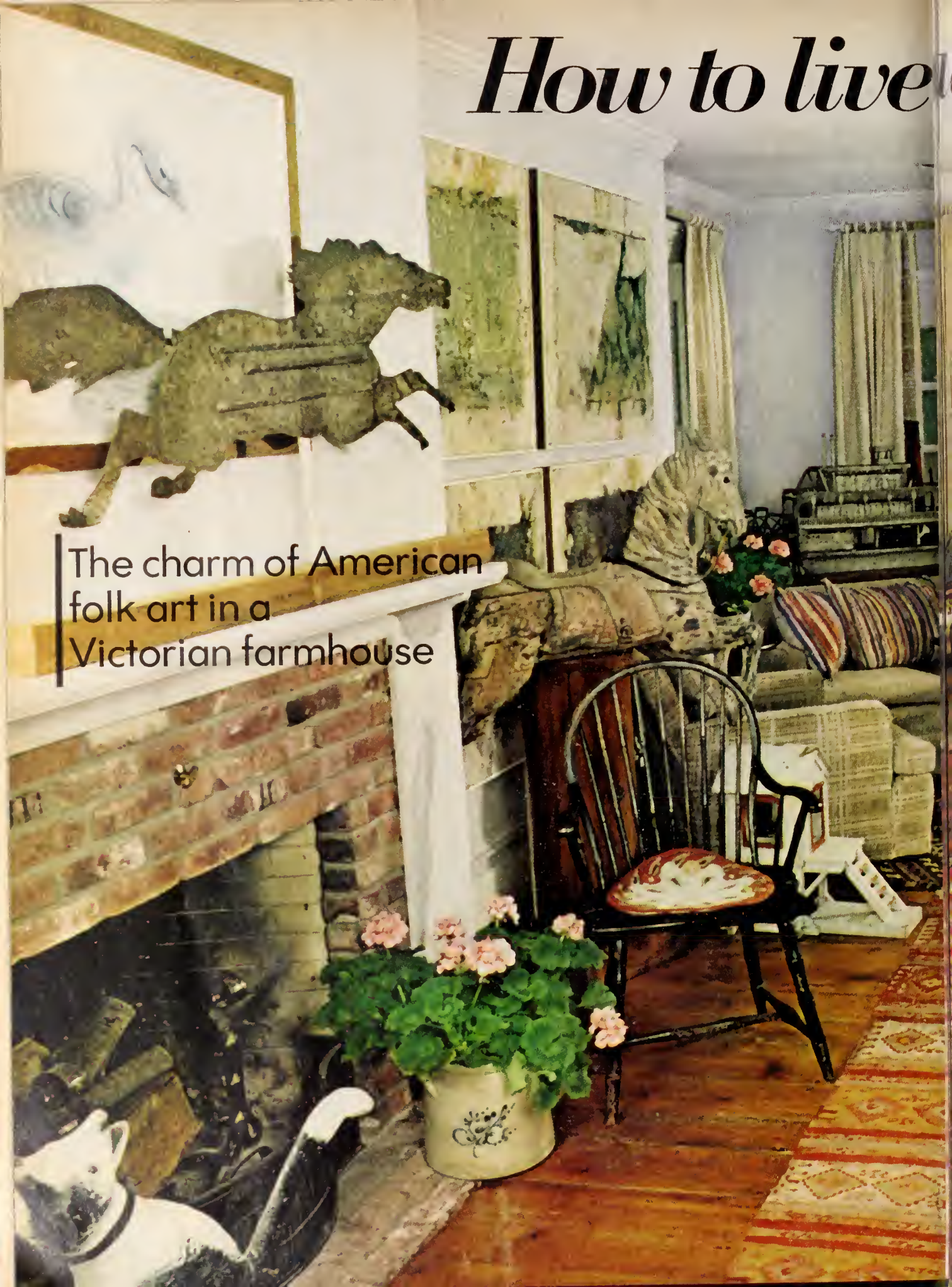
he dining room, *above*, borrows six pieces from the living room for banquette. Chairs at Woodward/Lothrop. Fieldcrest sheets.

Mr. Martindale liked his living room's dual identity so much that Lang/Robertson Ltd. took the same approach in the bedroom, *above*. Gray walls, a subtly reflective silver wallpaper on the ceiling, and gray floor stain make the room receptive to warm and cool colors, which alternate according to the weather or to whim. As in the dining room, the bedroom furniture takes shifts: In winter, two extra seats come to visit, upholstered rust. The bed gets a quilt; a Turkish wool rug warms the hearthside floor. For summer, a brighter, sparer look: The two seats go to another room, the rest don sheets to match the bed; the rug disappears and the ficus takes center stage. Roman shades of soft canvas temper light; the same canvas, stretched, makes a handpainted fire screen. Sherwood furniture. Lamp by Koch + Lowy. Shopping information, page 192.



LONDON

How to live



The charm of American folk art in a Victorian farmhouse

with the arts you love

A collector's living room full of folk art on tables and on the floor, tucked into corners, and hung on the wall—all so Stephen Spector, owner of this Victorian farmhouse, above, can enjoy it. For details, please turn the page.

BEADLE

In a bedroom, above, a swan reclining on an antique quilt. A herd of weathervanes in the living room, left. Decoys surveying a patchwork marble dining-room table, right. And a copper Canadian goose decoy to greet you on the landing, opposite page, far left, and usher you upstairs.

The charm of folk art—the color is in the collections

There's a saying that a true collector can always find a place for something he loves. Stephen Spector is just that kind of collector. His philosophy: More is better. With that in mind he and designer Robert Metzger decided to create a neutral background in every room, since the weathervanes, decoys, bird houses, and quilts that seem to accumulate spontaneously provide all the color the house needs. And the collection never seems to stop: When every space was taken, Mr. Spector added more. It works: In the living room, for example, a Morris Graves drawing went over the mantel (see it on preceding pages). But a weathervane horse looked best there, too. His solution? "I put them together, and they've kept each other company ever since." Do they compete for attention? Not at all: "It's the total look that counts."

BEADLE

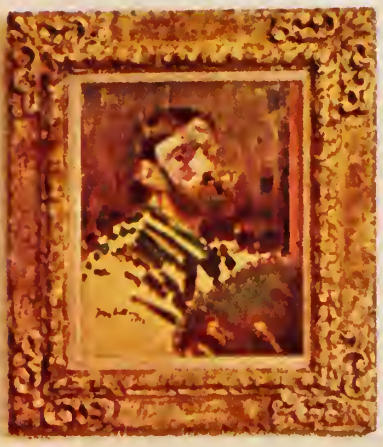
The impact of books, paintings, sculpture in a modern environment

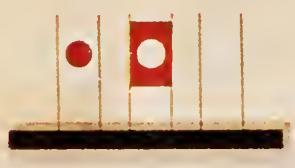
Arranging art can be an art in itself. When the collector of these paintings, sculpture, and art books moved into this apartment, she asked architect Wilder Green to turn five rooms into one sweep of space so she could give each work of art the respect it deserves. "Art has to have room to breathe," she explains. Except for the very small things, like the pre-Columbian gold objects grouped together on the middle bookshelf, each piece has a place of importance all its own. On the wall-to-wall glass shelves, mounted on stainless steel tubes so they'd appear to be floating, rows of books create frames for sculpture by Picasso (on the second and top shelves) and Alexander Liberman (on the fourth), a Greek amphora (on the second). On left-hand wall, a bar niche sets off a painting; and a dropped ceiling (with a built-in strip of lighting) creates a stage-like setting for the 18th-century desk.

TOM YEE

Right: The library. On the desk, a signed and dated vase by Picasso. Above: Between the library and sitting area, a sculpture by Giacometti. Over the sofa, one of Monet's late paintings of water lilies. In front of it, a Japanese wedding chest for a coffee table.

Living with art





The impact of art—paintings and sculpture come alive in an atmosphere of openness and light

If you're a collector, don't be afraid to mix art objects—or, for that matter, your different collections. "If you're sure of your own personal taste, then everything you like will automatically go together," says this collector, who has spent a lifetime gathering—and enjoying—all kinds of art. That's why so many different styles, dating from antiquity to the present, live harmoniously here. In her bedroom, above a simple chest of drawers, she boldly hung four paintings (from left, Derain, Villon, Matisse, and Vlaminck) all in their ornate 18th-century frames. As neighbors, the Fauve-style paintings become a unit, each enhancing the others. In the living room, the mix includes English antiques, sleek contemporary furniture by Mies van der Rohe, rustic copper-drum Laotian end tables, and casual plump-upholstered sofas. Even the accessories are diverse: On one drum, there's a pre-Columbian faïence snake and, on the secretary, delicate 18th-century Baccarat paperweights, fine antique silver, and an ivory walrus-tusk whale. Sometimes these small things move from tabletop to tabletop or from room to room, because "I like a change of scenery."

TOM YEE

Left: In the bedroom, a dresser with sculpture arranged symmetrically under each painting: from left, two pieces by Rodin, one by Alexander Liberman, two by Henry Moore, and, for a surprise, a live one created by nature. Above: The living room, with contemporary and Queen Anne furniture, modern paintings.

Living with art

The graphic color of quilts in an all-white room

Left: In one corner of the room, two splendid quilts—"Sunshine and Shadow" and "The Diamond." Above: Track lighting brings out the quilts' colors. Above the fireplace, Connecticut printing blocks. Below: Drawers beneath banquettes store more quilts. Coffee table is glass-topped trundle bed.

The vivid colors of Amish quilts—often the only decorating to be found in Amish houses—are all the color this modern, light-filled room needs. Hung like contemporary paintings in Mr. and Mrs. Richard Haders's city apartment, they enliven a setting designed by Melvin Dwork to show off their dazzling geometrics. White walls, white canvas slipcovers, beige sisal on floors and banquette platforms create their background —and the quilts themselves are a friendly background for people. Phyllis Haders says her collection was inspired when at age 15 she first saw a beautiful quilt hanging on a clothesline. Now they overflow into the Haders's Connecticut house (see House & Garden, December, 1976) and even her business called Phyllis Haders, Inc. You can read about the Amish and their quilts in her book, *Sunshine and Shadow* (Universe, 1976).

Living with art

The drama of collectors' furniture in an enlightened apartment

When you think of furniture as sculpture, decorating becomes a fine art. In this city apartment where dark shapes stand strong against the background of white walls and marblelike floors, the atmosphere is created by beautiful things working in harmony. "It's art you can use," says fashion designer Gustave Tassell, whose collection centers around furniture designed in the 30s by Robsjohn-Gibbings, an American who took his inspiration from Greece. And because for him "rooms are alive," Mr. Tassell designed the silk-covered living-room sofas himself to enhance the room's proportions. He insists on comfort: "A beautiful chair must also work."

HORST

Left: Mesopotamian water jugs on Lucite bases mark the passage from bedroom to living room. Top: In the bedroom, furniture by Robsjohn-Gibbings; lounge by decorator Naef Orfaley. Right: An international medley—Chinese screen, French table, African and American sculpture in the living room.

Lively arts at home

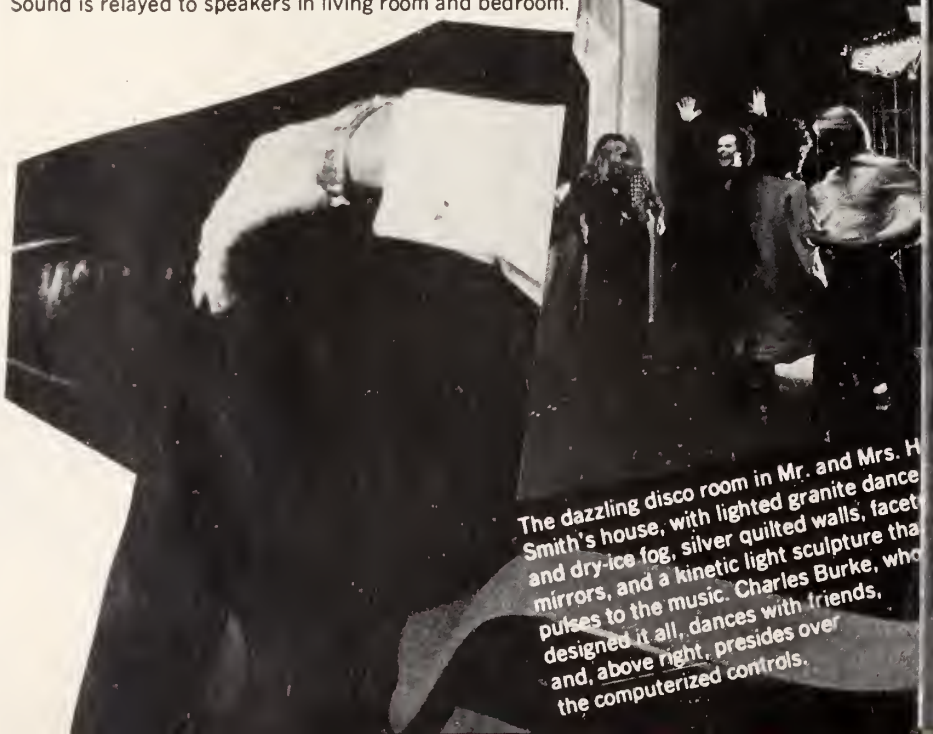
The newest electronics—how to use them, where to put them

Components with a built-in look are actually on shelves behind a magnetized panel. Turntable is flush with a cabinet housing records and tapes. By John Saladino.

In a city apartment, a rolling cart that's a stereo center, TV stand, bookcase, bar, or buffet; take the whole setup along when you move. By Patino/Wolf.

In a tall, lacquered, free-standing bookcase, an out-in-the-open audio system—tape players, turntable, and a receiver/amp, next to records, tapes, and a telephone. Sound is relayed to speakers in living room and bedroom.

Sound storage solutions



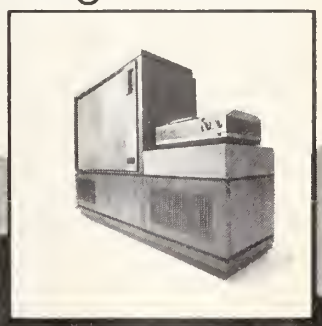
The dazzling disco room in Mr. and Mrs. H Smith's house, with lighted granite dance and dry-ice fog, silver quilted walls, facet mirrors, and a kinetic light sculpture tha pulses to the music. Charles Burke, who designed it all, dances with friends, and, above right, presides over the computerized controls.

ROGER BESTER, NORMAN McGRATH, ELYSE LEWIN, TOM YEE, WILLIAM P. STEELE

Below: Architect Fred Bookhardt's entertainment shelves for TV, quadraphonic equipment, records—and cookware. Right: Once a linen closet, now an entertainment control center. Valerian Rybar.

Stereo tuner for TV. Pioneer.

New in sight and sound



Big-screen TV in a console. GE.

Battery-pack TV. Zenith.

Shortwave AM-FM radio. Panasonic.

Above: Color TV with electronic tuning. RCA.
Left: Videocassette recorder that plays back TV fast, slow, or stops action. Color video camera for making your own TV movies. JVC.

Be your own impresario with homemade TV

For more details, see Shopping Information. More electronics for the whole house, page 54.

The arts explosion comes home

Culture is on a takeover course, changing the patterns of American life. Away from home, more tickets are sold for the performing arts than for sports events, and museum attendance sets new records daily. At home, time devoted to music, art, theatre, literature is affecting the way we build and decorate our houses, the way we design and choose the things we live with. This report investigates the extent and influence of the culture boom

BY BARTH DAVID SCHWARTZ

Nothing could please a great many earnest people more than if America were really having a cultural boom, a real one with a long life to it. Not just a dalliance for a season before we all return to network television and pulp fiction. We want to believe that the founding of dance companies all over, the proliferation of arts council grants represent a permanent ground swell, with museums and symphonies genuine long-term growth industries. The disturbing question is whether "blockbuster" art exhibitions like Tut make a museum-loving public, whether Pavarotti on PBS turns us into classical music enthusiasts or only occasionally highbrow public television watchers. This spread of culture, it may be argued, is the same as "creating" it. Access makes more culture by spreading around what we have. Different, yet related to this, is the awakening process, not preaching to the already converted who were out of earshot before. On the heels of access and awakening comes the concern about "style," "fashion," and "fad," the endless argument over what is which, which is better and whether culture connects with these, and how. Are soaring museum attendance and crowded bookstores even in the age of anti-print a "passing fad," a "mere fashion," or a new "genuine and true style?" The adjectives tag along where they have felt most appropriate.

First, some realities. It is reality that more American dollars are spent on the performing arts than on sports, tickets against tickets. So says the National Endowment for the Arts and their independent poll takers. It is reality that visitors rank the Metropolitan Museum of Art as New York City's first attraction. It is reality that visiting a museum, even more than a performing event of certain kinds, has become a social occasion for an enlarged audience, beyond Tom Wolfe's few thousand inhabitants of Culturburg.

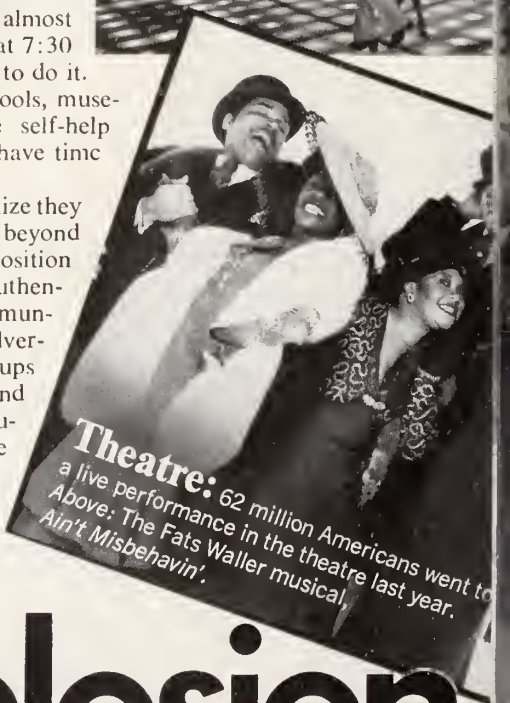
Part of the reason is that museums have a new definition of their role. Lisa Taylor, Director of the Smithsonian's Cooper-Hewitt Museum of Design, feels that "design is everywhere," so she plans exhibits in subway stations, sponsors architectural tours far above "gee whiz" level, and offers crafts workshops not in needlepoint (others do that and well) but on enameling, the techniques of Limoges and eloisonné. She came to the Cooper-Hewitt after building the biggest, and probably best, adult education program in any museum, the Resident Associates at the Smithsonian, and is typical of the best directors who are as much communicators as scholar-specialists. Her programs offer learning by participation, every man his own artist and inventor, a premise which makes us into home-fixers, self-taught carpenters, and car mechanics. It is American, and one will search in vain for that aspect of our genius elsewhere. It is the same impulse which fuels the community colleges, pushing evening enrollment ahead of daytime, which puts a thousand courses in New York's New School Bulletin, with Hunter and Columbia not far behind and similar ventures coast to coast. Someone out there wants to know about almost anything and is willing to get out at 7:30 A.M. or P.M., Saturdays included, to do it. Tours, courses, workshops in schools, museums, on television, in sure-fire self-help books; it is as though we hardly have time to live we are so busy learning.

No sooner did the museums realize they have a constituency to reach far beyond their membership, than the opposition cries were heard to murmur. "Authenticity is being sacrificed for communication." They feared that by advertising on buses, getting write-ups other than on the critics' page, and commissioning radio spots, the museums were somehow debasing the coinage, thinning it and squandering its preciousness. Doesn't connoisseurship mean a minority

Continued on page 195
Photo credits, page 196

Concerts: 100 million Americans attended concerts, opera, dance performances in '77. *Below:* Chicago Symphony reaches 26 million each season by radio.

Records: 2½ billion records and tapes sold last year. *Below: Saturday Night Fever's* soundtrack sold a record 20 million albums world wide.

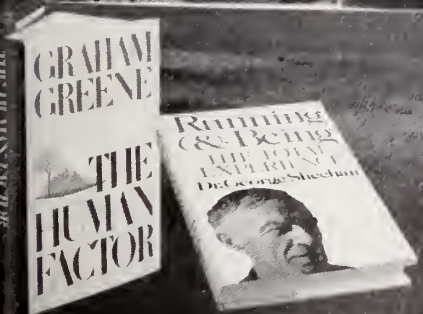


Theatre: 62 million Americans went to a live performance in the theatre last year. *Above:* The Fats Waller musical *Ain't Misbehavin'.*

Art: Museum attendance topped 40 million last year. The National Gallery's East Wing clocked a record 1 million visitors in its first seven weeks. *Left:* Sculpture by Alexander Liberman. *Below:* Sculpture by Henry Moore. *Art and antiques at home:* Record $112 million sales in '77 at Sotheby Parke Bernet's auctions.

Movies: Over a billion tickets sold last year. *Left: Heaven Can Wait.* Bringing movies home, libraries films to buy or rent now cross country. Sales of er 1 million videocassette recorders predicted for '79.

Dance: Dance companies cross country had attendance of more than 8 million in '77. *Above:* Lucette Aldous, Fernando Bujones in American Ballet Theatre's "Black Swan Pas de Deux." Ballet comes home in simulcast.



Books: $4½ million worth of ooks sold last year. Over 300 million nagazines and newspapers funnel nto American homes. *Above:* Graham Greene's *The Human Factor.* George

FLOWERS AS ART NATURE MADE

Ideas from Ronaldo Maia, an imaginative designer who sees each flower as a singular sensation.

BEADLE

Above: Flower to go—anemone in a branch basket, its glass vase collared in galax leaves.

Right: Four-flower exercise—crystal flasks, raffia-tied to a reed tray, hold a ranunculus, a rose, two freesia

Cattails held in soldierly uprightness by green moss and galax leaves at the neck of each vase

Architectural artichoke bound to a candleholder with raffia lashings

Vase within vase—black pebbles all but conceal the bud vase that really holds the tulip.

One anemone springing from a moss-tufted vase

A random gathering of garden roses tucked among the broad leaves of wild skunk cabbage

Tiny scarlet orchids in a Chinese vase, their stems tied in airy curves with raffia bows

Flowers as craft

MOSS BASKET FANTASIES

Flowers will almost arrange themselves if you think about how they grow when you place them in a container. Only when you try to arrange them against their nature do you get into trouble. Or against the shape of the vase. Your design should make a marriage between flowers and container." To New York florist Ronaldo Maia, the container is so important that he often creates his own. In fact the container *is* the arrangement in many of the designs on these pages, which are from a new book, *Decorating with Flowers*, by Denise Otis, Ronaldo Maia, and Ernst Beadle, to be published in October by Harry N. Abrams, Inc. Some container ideas are spur-of-the-inspiration assemblages, like the pebble-filled cylinder framing a single tulip in its bud vase, easy to improvise at home. Moss baskets take more doing but are made from ordinary household containers—plastic jars, juice or coffee cans, cake tins. You also need live sheet moss (most florists carry it), supple branches, white glue, and a spool of green florist's wire. To support the flower stems, fill the basket with crumpled chicken wire, or if they are delicate, with Oasis, then cover with moss or leaves.

To make a moss basket: **1.** Coat container with glue. **2.** Press sheet moss around it. **3.** Hold moss; cut off excess with scissors. **4.** Using excess, complete covering. **5.** Wrap with wire, twist ends together, clip. Trim moss, top and bottom. **6.** Bind branches to container with wire. **7.** Cross at desired handle-height. **8.** Twine together, secure with wire. **9.** Crush chicken wire, stuff into basket. Fill with water. **10.** Arrange leaves and flowers in basket.

Flower bed in a basket—
Persian Carpet zinnias, sprigs of spurge

Ronaldo Maia, left, creates moss baskets to "give flowers a natural environment indoors."
Right: Lilies of the valley, grape hyacinths, and blue lace flowers "grow" under and around crossed bare-branch arches

Eggs in a mossy nest with freesia, lace flowers, raffia bows

For fragile flowers—blue flax, snow-in-summer—a basket all in green moss

NEWS IN DESIGN

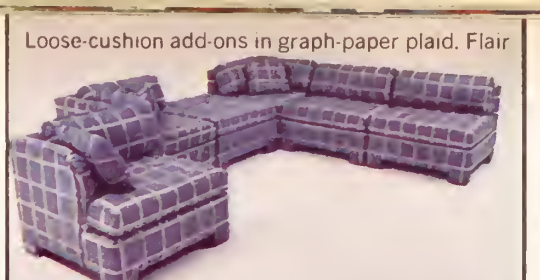
Walk-in watercolors

Step into the living art of Mary McFadden's bold-scale patterns on fabrics and wallpapers you can buy right now

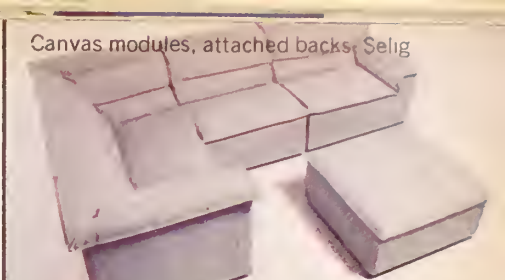
It's more than a room, it's a refreshing atmosphere you can create using new fabrics and wallcoverings by fashion designer Mary McFadden. "This is the kind of environment I love to live and sleep in," says Miss McFadden, left. "It's cool and spare and quiet." The mood is created by her bold use of subtle color, and her way of making everything important by surrounding it with space. On the walls, "Coptic Columns" has a soft, fluid, handpainted look. Two variations of the same "Persian Feathers" cotton cover the beds. (The whole collection for Raintree Designs has 10 patterns in 53 colors.) The floor—"as voluptuous as jade"—is actually an ingenious sponge-painted finish by Luis Molina. Around the room, huge Chinese pots in theatrical colors, exotic agapanthus in antique porcelain jardinieres, mountain laurel in tall Indonesian fish baskets, a musical instrument from the royal court of Java on a clear acrylic stand, and dark lacquered trays on the floor and bed. On the walls, a pre-Columbian feather hanging sewn on alpaca, and a framed assemblage of McFadden jewels sewn on an 18th-century Chinese brocade. Fabrics and wallcoverings available in New York at Bloomingdale's. See shopping information.

aise-plus in cotton-rayon. Drexel Heritage

Hexagons in terra-cotta basketweave. Founders



Loose-cushion add-ons in graph-paper plaid. Flair



Canvas modules, attached backs. Selig

ck-cushion look in swirly cotton print. Baker

Linear put-togethers in quilted canvas. Directional

Washable furniture in strip-off cotton. Tech

Big-scale seating, zig zag stripes. Thayer Cogin

Pull-apart

NEWS IN DESIGN

Friendly furniture that goes where you go, does what you want it to

Pull up a seat, and keep on adding until you've created a furniture landscape to match your lifestyle. With new pull-apart, push-around furniture, you set the pace and your furniture keeps step. At a party, gather it together for a lively entertainment center, or scatter it so everyone has his own comfortable spot. Soft and easygoing, it's furniture that invites you—and makes your rooms more inviting. And when you need a lot of seating, even in a small space, you can push together a combination of pull-arounds that will turn corners, shape space, and really add up to something big.

JOSHUA GREENE

Push-around

Here's furniture to expand your imagination—as well as your seating. *Top left:* For laid-back comfort, rolled-back modules can move in on a conversation or hold their own as separate seats. By Angelo Donghia for Kroehler. *Top right:* Stacked put-togethers plumped with soft pillows (see second row, second from left for geometric look). Directional. *Above:* Shape a living center with oversized sectionals by Flair. Jack Lenor Larsen fabric. Shopping, page 192.

Easy-to-assemble add-ups. Furniture to Go

Rattan sectionals in tropic cotton print. Founders

Knock-down in corded cotton velvet. Decorion

Chintz-covered cushions in dark rattan. Flair

Does an only

We are in the midst of a lifestyle revolution and hardly anyone has noticed it. A dramatic change of American priorities and attitudes is taking place in the most important area of life—the family. Among the nearly half of the country's population which is now under age 40, the single child family is a noticeable upcoming trend. According to current estimates, 17 percent of all married women now anticipating having a family plan to have only one child. Eleven years ago, a mere 6 percent of women of this stage in their lives said this was their aim. But in the last decade or so, it has been possible to make this kind of choice, as a result of improved methods of contraception. And changing attitudes about careers for women have prompted more wives to develop their talents beyond mothering. Societal disapproval toward people who produce a single child, and toward the only child, is also being reevaluated. The latest research indicates the single-child family has very positive aspects for everyone involved.

In choosing to have an only child, parents are establishing a new kind of lifestyle, one probably settled before the baby arrives. Both may work and have strong career interests and have attained a good standard of living. The wife postponed children until her 30s, using the early years of marriage to take a firm foothold on the ladder to job success and self-fulfillment. It is taken for granted that there will always be two incomes in the family and that an ever-increasing standard of living can be anticipated along the way. The wife and mother is ready to go back to work when she feels her child is ready to be left at home without her, and usually has a live-in housekeeper to provide help and continuity in caring for the infant.

FREEDOM TO MOVE AROUND. "With one child, you can integrate him or her into your existing way of life," says Sally Frewing, a translator, whose husband Nicol runs an art gallery. Twice a year they visit Europe where they have another home and business interest, and 5-year-old Stuart goes with them. "When there's two or more, you must wrap your life around their needs," said another mother. "And I just didn't want to do that. I like to travel, to work, and to be free to do those things without feeling guilty about being an inadequate mother. This way, I can meet my child's needs and satisfy my own, too."

Freedom seems to be the most enticing and immediately visible reason for a couple to choose single-child parenting. Not only is there the liberty to pursue career interests, there's also a financial attraction in the two-paycheck family, enabling the couple to spend more money on themselves and an increasingly better standard of living, as well as their only child. Travel, a beach house, time for sports and leisure activities like back-packing, skiing, house renovation, reading, or ballet are possible with single offspring, more difficult for a family with several children. There's also the luxury of one-to-one time with the child.

FINANCIAL PAYOFF. Leslie and David Fairly are typical of the highly motivated couple who waited five years before daughter Pattie was born. Leslie, then 30 had just received a major promotion in advertising for which she had worked many years. The Fairleys live in what Leslie calls the apartment of their dreams, a spacious, many-windowed penthouse overlooking a spectacular city skyline. For the past several years they have also owned an ocean-side retreat.

"The reason we planned a single child is economic and personal independence," affirms David, a much-traveled executive with an international corporation. "Living in the city, as we have to and like to do, how can you lead the kind of life we want with more than one child? Are you interested in figures?

An only child does better on achievement tests, stands a better chance of doing well in life, is more likely to establish patterns of loving and giving

You have to pay about $3,000 a year for private school. The school bus is at least $500. Housekeeper and babysitters close to $8,000 a year. Then there's clothes, entertainment, and toys. We're probably talking about $16,000 a year to support a child in the city the way we want to live. If you're in the 50 percent tax bracket you're talking about $30,000 pretax dollars a year for a child, never mind about supporting

child have more fun?

Yes, say the experts—and so do his parents. Here, exciting new findings that show why the 3-person family is the family of the future—and how it's changing the way we plan our houses, our travel, and our lives

BY VERONICA McNIFF

yourselves. To have a second is likely to be "just" $7,000 or so more, since things can be shared, but that's still $16,000 more pretax dollars."

David goes on to say that even if they had a lot more money, he and Leslie would not have a second child, because of the restrictions. They could indeed go on living in the city with more than one, but not in the way they *wanted* to live. Leslie fills in the details:

We could sell our co-op and our weekend house and move to a less expensive rental building. If we were lucky, we could put the children in one bedroom. It would mean scholarships or public schools. I'd have someone pick them up after school and then when I got home, I would have all the cooking and cleaning, and so cut out the cost of full-time help."

The Fairleys maintain that any parents who have an overwhelming desire for a second child are cheating themselves, if they allow similar economics to make the decision for them. "But it's healthy to be selfish when it comes to thinking about family size," says Leslie. "Your feeling of self-fulfillment and happiness or vice versa passes on to your child."

ENVIRONMENTAL BACKGROUND. Of course, there are other reasons for choosing the Three Person Family lifestyle. Some couples cite a disharmonious family background of several siblings as an incentive to protect their own child from sibling strife. Jenny Ferguson, who is married to a banking executive, was one of twelve children. When she was in high school, her mother was having her last baby. Jenny estimates her father must have spent $2 million putting his family through college.

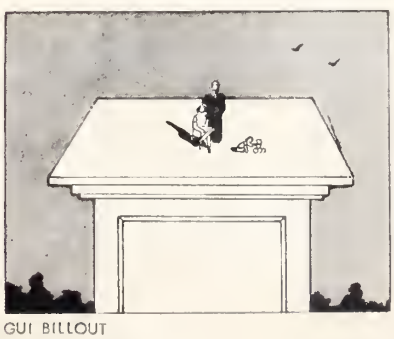
"I had the brunt of being the nursemaid. Later, I had the feeling if I never saw another baby I would be happy. Things changed when I met Ralph, my husband, but I was 32 when we had Peter." With such a family background, she doesn't feel she can handle more than one child and adds: "One of my sisters says she will never have any children."

Jenny has not worked in a structured way since her child was born, though in working around his needs, she still found time to become an accomplished cook and private caterer, and to coauthor and translate a book. In her mind, however, having another child would require her to be home for another four or five years, since she believes in "being there" for her child. "But now I want to go back to work—to get my master's in business," says this one-time bank executive.

PURSUING CAREERS. Having and pursuing career interests is a powerful incentive to choose a single child. Marrying later, of course, can also be a strong factor in deciding that one child is enough. John and Virginia Saladino married "later than the median age," says John, the highly successful architectural interior designer. "Virginia was a career woman with her own interior design business when I met her and had been for several years. We were both self-sustaining people." They chose the single child family lifestyle—"along the way, rather than beforehand," says Virginia. John adds: "I don't think we realized how much we would give up when we had a child. There's a lot going on in our lives. We are professional people with strong career drives, and Graham is not the alpha and omega, though we love him dearly." Each spends one-to-one time with their son: John at 6:30 A.M., when he roughhouses and plays games with Graham; Virginia between 5 and 7 P.M., when she reads and puts models together with him. The more they talked with other people, the more they questioned the idea that they had to have another child. "As a designer, I think in terms of quality, not quantity. I spend my life weeding things out and sorting through impressions," added John, "so there's a tendency to question 'givens' anyway. "

POSITIVE RESEARCH ON SINGLETONS. Despite the single-child family trend, parents of only children report receiving a good deal of disapproval, even now, from friends with children, their own families, and their own psyches, for that matter. Isn't the only child doomed to be lonely, selfish, and heir to a whole Pandora's Boxful of emotional ills? Recent studies by psychologists do not substantiate the negative stereotype. In fact, findings seem to indicate quite the reverse. The situation of the only child appears to be potentially highly advantageous. Only

Continued on page 196



GUY BILLOUT

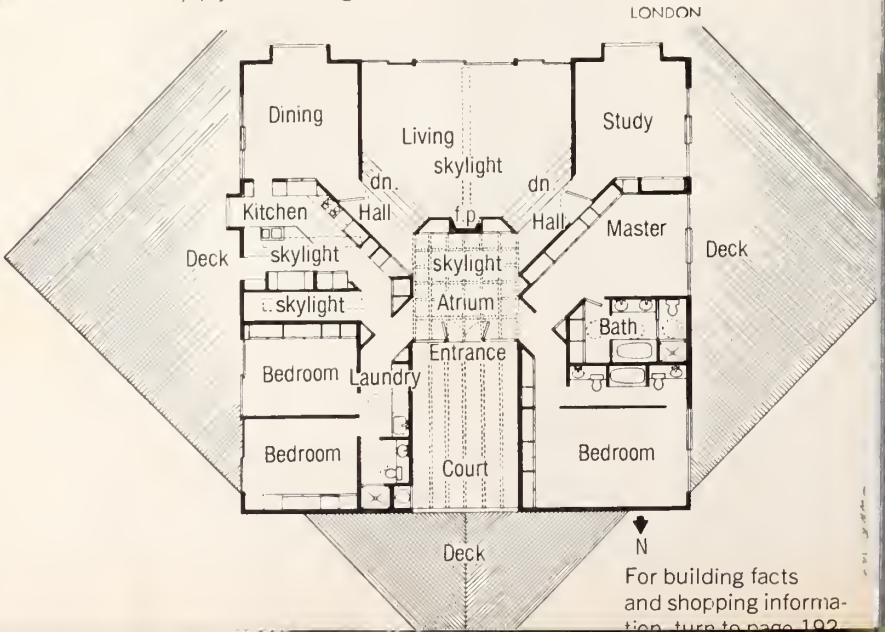
LIVING WITH LIGHT

DAVID MASSEY

A house designed with the outdoors in mind can take on a very special light. This house, designed by architect Hugh Newell Jacobsen, gets its daylight three different ways: from skylights, glass doors and cleverly designed windows, and an atrium that makes the transition from the outdoors in so subtly you're hardly aware of any change at all. You enter the house through an open gallery that turns into a glass-roofed atrium in the center of the square house. From here, four atrium-lit corridors fan out toward the corners of the house: Two lead back to the private sleeping areas; and two lead past the living room to the dining room and kitchen on one side, the den on the other. Because the house, designed for builder Warren Katz, his wife, and four children in Reston, Va., has two sides on the lake, windows angled like prisms and floor-to-ceiling glass doors were designed to let in water-reflected light. The living room, dining room and kitchen, and den all open through the doors onto wood-slatted decks that help filter this uplight. "Light should be let in with restraint," says Mr. Jacobsen. "What you want is something soft and interesting, not glare." And even the skylights are interesting—long narrow slices through three folds of the roof to let in ever-shifting bands of pure sunlight—or moonlight.

Above: For a dramatic entrance, an atrium in the middle of the square house. For variety within the square, architect Jacobsen designed rooms furnished by Woodward/Lothrop, in an ingenious assortment of shapes. *Below:* The plan, showing the six-sided living room between dining room and kitchen, and den. Bedrooms are on the house's private side.
Opposite page, bottom: The house, built in association with The American Wood Council and Gulf Reston, Inc., is, except for the glass, all wood: cedar shake roof, plywood siding, and an innovative wood foundation.

LONDON



For building facts and shopping information, turn to page 192.

A terrific new family house designed to catch the sun

Come in through an entrance-under-glass

ep down to a living room that turns into a deck

LIVING WITH LIGHT

Just beyond the atrium, *opposite page, left,* and down three steps on either side of a central fireplace wall, you're in a six-sided living room, *above,* with a glass wall that opens onto a wood-slatted deck overhanging the lake beyond. Go further down one corridor and you're in the den, *opposite page, right.* Opposite its mirrored bar, an angled window is a niche for a desk with a view. Designer Claus Mahnken of Woodward/Lothrop filled the house with neutral-colored modular furniture that's easy to rearrange —and low enough not to interfere with the view. Even at night, space seems to expand beyond the walls to the down-lit deck. In The American Wood Council house, painting over living-room piano from Pyramid Galleries; painting over mantel, Greater Reston Arts Center. Stark carpet,

Ingenious windows make you think you're eating and sleeping outdoors

In the kitchen, open-air cooking, a salad greenhouse

LIVING WITH LIGHT

The dining room, *opposite page, far left and top,* seems to extend outdoors through the prismatic buffet window. Mirror covers the buffet ledge, its drawer fronts, and the window reveals to enlarge the view and scatter sparkling light all over the room. Behind the dining room in the kitchen, *above and right,* a skylight lets in pure sunshine, while water-reflected light rushes in through the door and the greenhouse window. Flourishing there: tomatoes, lettuce, and herbs. To divide the kitchen into an eating area (there's a breakfast nook built into the wall opposite the ovens) and a cooking area, a working counter juts straight out from the window. In the master bedroom, *opposite page, left,* atrium light comes through an indoor window level with a loft. In The American Wood Council house, furniture from Woodward/

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MEAL IN MINUTES

MENU
Baked chicken Parmesan
Risotto Milanese
Steamed green beans
Orange sundaes

For a small, spur-of-the-moment party for eight, this menu's a delight—it takes 45 minutes in the kitchen, and, if you don't have all the ingredients, one quick stop at the market. Robert L. Green, fashion editor, wallpaper and fabric designer, cook, and celebrated party-giver, includes this menu and the recipes in his new book *Live with Style* (Coward, McCann & Geoghegan). Mr. Green cooks the food for all his parties, and for small groups likes to serve from a cart next to the table. Often he asks guests to join him in the kitchen to help themselves directly from the pots, pans, and platters there.

To begin this meal, set the orange juice concentrate for the sundaes out to thaw. Heat oil for the chicken and place the pieces in it skin-side down. After the chicken's in the oven, sauté the onion for the risotto, add the rice and wine, and begin simmering the mixture, adding chicken broth as the rice absorbs the liquid. Turn the chicken pieces after 20 minutes and let bake another 15 minutes. Steam the green beans next. Chop the oranges, assemble dessert and refrigerate. Top the chicken with mushrooms and cheese for a final 5 minutes of baking, then blend the saffron and Parmesan into the risotto.

Baked chicken Parmesan

INGREDIENTS
⅓ cup salad oil
2 broiler-fryers, cut in serving-size pieces
1 teaspoon oregano
1 teaspoon salt
Paprika
¾ pound fresh mushrooms
6 tablespoons grated Parmesan cheese

METHOD
☐ Line a shallow baking pan with aluminum foil and pour oil into pan. Place in preheated 450° oven until oil is very hot. Place chicken pieces, skin-side down, in the hot oil. Sprinkle with half the oregano and salt; sprinkle lightly with paprika. Return to oven and bake for 20 minutes.
☐ Turn chicken pieces; sprinkle with remaining oregano and salt and lightly with paprika. Bake 15 minutes longer.
☐ Spoon drippings in pan over chicken. Pour mushrooms over chicken, sprinkle with Parmesan cheese, and bake 5 minutes longer. Serves 8.

Risotto Milanese

INGREDIENTS
½ cup butter
½ cup onion, minced
2 cups rice, preferably short-grained Italian
1 cup dry white wine
6 cups chicken broth, heated
¼ teaspoon saffron
¼ cup Parmesan cheese, freshly grated

METHOD
☐ Sauté onion in ¼ cup butter in a large heavy saucepan. Add rice, stirring until well coated with butter. Add wine and simmer 5 minutes or until wine has evaporated.
☐ Add 1 cup chicken broth and simmer the mixture until the stock is almost absorbed; add the other 5 cups broth, 1 cup at a time, letting the rice absorb each cup before adding more. Cook the rice for a total of about 15 minutes until it is tender.
☐ Dissolve saffron in 1 tablespoon hot broth in a small dish and add to the rice. Add Parmesan cheese, blend in with a fork. Serves 8.

Continued on page 192

From the book *Live with Style*. Copyright © 1978 by Robert L. Green. Published by Coward, McCann, & Geoghegan, Inc.

Opposite page: Rev up your appetite with a cool Bloody Mary sorbet—spoon the spicy red ice into stemmed glasses, or serve on crisp garden lettuce leaves. Garnish with fresh tarragon for extra zest. For recipe, see page 180.

WINE & FOOD

Food for talk

like a first-course surprise of Bloody Mary sorbet

LANCERS BRINGS OUT THE BEAUTY IN SIMPLE THINGS.

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This month in Wine & Food: How to choose and use fresh pears; easy party recipes from an antiques collector; incredible chocolate desserts; news from New York wineries

Pick a perfect pear

A double-crusted pie, a spicy pear cake, or a sweet spread for muffins. Here are fresh ideas for this delicious autumn fruit

Fall brings fresh pears to market—first come the fragrant Bartlett and Seckel pears, their crisp, clean taste matching the air. Later in the fall and winter come Anjou, Bosc, and Comice with their mellower, aromatic flavors.

Pears are picked mature, but not ripe. They develop better texture and flavor and ripen more evenly when off the tree. Pears ripen from the inside out, and are ready to eat if they yield to gentle pressure at stem end and sides. Pick firm, blemish-free, well-shaped plump pears without regard for ripeness. Ripen at home at room temperature in a brown paper bag, plastic bag with ventilation holes, or a fruit ripening bowl. A pear has 7 milligrams of Vitamin C, 30 international units of A, and many minerals, including 213 milligrams potassium. They weigh in at 63 calories per 100 grams (3½ ounces) edible portion.

Bartlett—Available July-November; the major summer pear. Large, bell-shaped with thin skin that turns from green to yellow as they ripen. Flesh is white and finely textured. Good for eating, poaching, preserving.

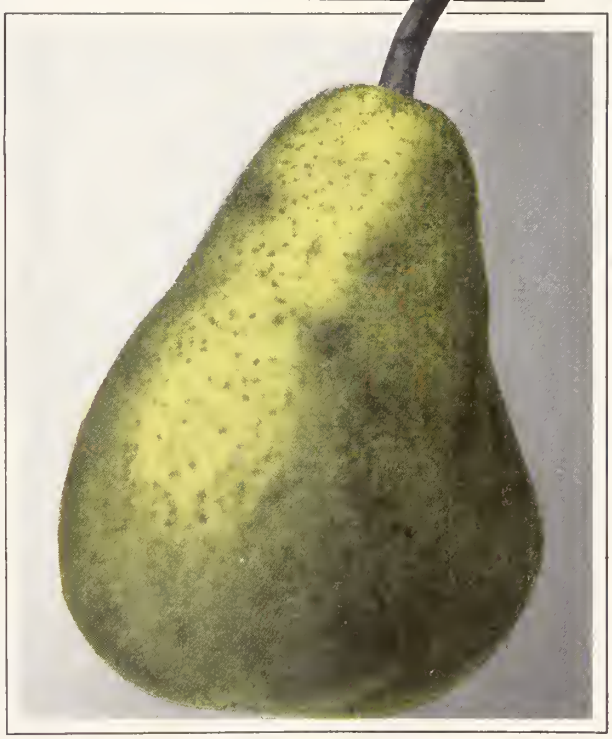
Anjou—October-May; principal winter pear that stores well. Quite large, round or heart-shaped. Greeny-yellow skin does not change to indicate ripeness. Ripe when just gives to gentle pressure. Yellowish-white flesh with spicy, sweet flavor with some grit cells near core.

Bosc—September-May. Elegant, long tapering shape with a dark yellow skin overlaid with russet. A medium-to-large, very firm pear. Good for poaching and baking because of its very firm texture. When allowed to soften and ripen, they become very sweet, buttery, and juicy.

Comice—October-March. Yellow-green skin often with a red blush. Large and chubby with short neck. Very juicy, sweet, aromatic. Good eating and dessert pear.

Packham—A late winter pear and imported in spring. Medium to large with a bumpy surface. Green skin turns yellow as pear ripens. Mellow and juicy.

Seckel—August-December; late summer pear. Yellow-brown russeted skin; quite small in size. Buttery and very juicy; wonderful for eating and for preserving whole.



MARINA SCHINZ

Tips for pears

● Pear sauce—Peel and core 3 pears, cut in pieces, and cook in saucepan with ¾ cup water and 4 tablespoons sugar. Crush with fork as pears cook to make thick sauce. Pour into baking dish; cover with meringue made of 4 egg whites and 4 tablespoons sugar. Bake at 300° 1 hour. Serve lukewarm.

Make pear sauce, add ½ tablespoon butter, 1 tablespoon apricot jam. Beat well and cook 2 minutes. Serve cold with sponge cake or cookies.

Peel pears and poach in sugar syrup. Make a thin purée of raspberries and blackberries. Cut pears in half; arrange in serving dish. Pour over purée, sprinkle with chopped toasted almonds, serve cold with whipped cream. *From Emalee Chapman.*

● To keep pears white, use lime juice instead of lemon. Gives a more subtle, less tart flavor. Can use orange and grapefruit juices as well, for variety. *Janeen Sarlin.*

● Peel, core pears, and cut into eighths. Poach until very soft, about 1 hour, with rock sugar and a little water. Eat at room temperature as a dessert. It is an old Chinese folk medicine made when adults or children are feeling run down. *May Wong Trent.*

● "I love peeled, firm pears (Boscs are my favorites) with soft Parmesan cheese and fresh walnuts for dessert." *Elhe Giobbi.*

● Preserve pears in a plain sugar syrup and a spicy one. Serve plain ones very cold with cream for dessert and use the spiced ones with roast meats. *Barbara and Arthur Matera.*

● Make a pear pie as you would a traditional double-crusted apple pie—fill pie shell with thinly sliced Bosc pears, sprinkle with 2 tablespoons potato flour, sweeten with brown sugar and crystallized ginger. Pick up flavor with lemon zest and juice.

Serve sliced pears with thinly sliced Westphalian ham sprinkled with freshly ground black pepper as an hors d'oeuvre.

Substitute freshly grated ripe pears in your favorite applesauce or pumpkin cake recipe, adding a little more liquid than is called for. Season with a good amount of freshly ground coriander. *Elizabeth Schneider Colchie.*

● Roast a duck with a punctured lemon in the cavity. Cover with foil first hour. Uncover, pour off fat, and pour in ⅔ cup Zwack pear liqueur. Baste at least 4 times during second hour with pan juices. Add peeled, quartered pears for last 15-30 minutes of cooking. Serve with gravy made of pan juices.

Mix well together 5 ounces cream cheese, 3 ounces Roquefort, ⅓ cup Zwack pear liqueur, and ground white pepper to taste. Pack into a mold. When ready to serve, unmold, cover with blanched, chopped, toasted almonds and serve with peeled, quartered pears as an appetizer with chilled red wine. *Bonny Birnbaum.*

● Pear butter—Wash, core, and cut up fully ripe pears. Cook in own juice until very soft. Put through food mill; measure pulp and add half as much sugar (white or brown). Cook on high heat,

Continued on page 180

Herbed and icy sorbet

Food for talk

Conversation starters

Bloody Mary sorbet, chicken with leeks and grapes, cherries over brioches—delights to see, surprises to taste

A kitchen with a split personality can be the best of two worlds. "The business part of a kitchen should be ruthlessly efficient, so I designed the wall unit in mine to be as practical and easy to keep spotless as possible. Opposite this stark unit is a dresser laden down with warm and welcoming blue and white—I find the contrast works." John Creed, a London-based antiques dealer and collector, makes it work by using superb materials simply. Here, refreshing tarragon-tufted Bloody Mary sorbet starts a casual dinner of sautéed chicken and cherry-sauced brioche, all enjoyed amid part of Mr. Creed's collection of 19th-century Staffordshire blue and white transferware. His 800 pieces make it one of the largest and most varied in the world. Favorite English country oak and pine furniture displays the blue and white, grouped by subject, when it's not on duty serving dinner or traditional Sunday roast lunches of pork or beef with roast parsnips and potatoes. For Mr. Creed, in his Cameron Passage shop or in his kitchen, "it's not so much a case of expensive things as well chosen ones."

DINNER

Bloody Mary sorbet

Chicken with leeks and grapes

Brioche slices with cherries

Above:

1. *In his element, antiques dealer John Creed.*

2. *View from kitchen through to shuttered-window dining room. Mr. Creed designed the work area of fudge Formica and stainless steel with a sycamore work surface. In back, a brass-faced 18th-century pine clock.*

3. *Chicken strewn with leeks and grapes on a Staffordshire well-and-tree platter.*

4. *Plates of English country scenes fill a pine delft rack in the entrance hall. Whimsical cardboard wine-bottle covers top the shelves, salt-glaze Georgian spirit flasks on table below.*

5. *Rare Oriental and Greek motif mugs on an 18th-century oak Lincolnshire pot board dresser with spice drawers.*

6. *Blue-and-white-bedecked walls and mantel in the cozy country dining room filled with warm woods—lime wood long case clock backs kitchen wall, yew wood Windsor and straightback chairs, punch bowl of primulas on the 4-inch-thick elm table won by Mr. Creed in a wager.*

7. *Staffordshire side plates serve kirsch-glazed cherries on scalloped brioche rounds. Recipes, page 180.*

DAVID MASSEY

Chocolate power

Chocolate tarts, Toblerone mousse, ice cream en robe, and other get-rich-quick desserts

Give your chocolate cravings a good workout with a choice selection of caloric inventions worth every twinge of conscience, from *Maida Heatter's Book of Great Chocolate Desserts*, to be published next year by Knopf (until then, these will keep you busy). "It was obvious from my other books [*Maida Heatter's Book of Great Desserts* and *Maida Heatter's Book of Great Cookies*] that I loved chocolate. I had to restrain myself from including too many chocolate recipes in them." Two freezers and three refrigerators in her kitchen are completely full of chocolate desserts, the results of testing and retesting her recipes. "I make 3 to 6 new ones almost every day. Recipes occur spontaneously, from combinations of old recipes and adaptations of others. I have no hesitancy about trying new ideas and failures don't upset me. When one new thing works out, it makes up for the rest. And I still love to eat chocolate, especially late at night before bed."

September 7th cake (1). *Two airy layers enclose a whipped cream cloud. The icing combines semisweet chocolate and more whipped cream.* **Chocolate pasticcios (2).** *Simply, sweet pastry filled with richest chocolate.* **Chocolate pie with chocolate slabs (3).** *Cookie-sweet graham cracker crust filled with silky chocolate, iced with whipped cream.* **Chocolate tea bread (4).** *Bread, yes, but chocolate! with nuts and raisins for an afternoon's special treat.* **Toblerone mousse (5).** *A creamy, lighter-than-air mousse with the added interest of nuts, nougat, and the flavor of honey.* **Ice cream en robe (6).** *Pure chocolate, melted and shaped around ice cream. "Linda" crystal plate by Kosta Boda.* **French chocolate mint truffles (7).** *A real chocolate lover's delight with their slightly dry exterior and moist, rich centers.* **World's best hot fudge sauce (8).** *Good over poached pears but you may just want to eat it with a spoon!* **Frozen chocolate cream (9).** *A dessert so rich, we challenge you to eat more than the thinnest slice! Oxford plate by Lalique.* **Viennese toffee (10).** *Like a Heath bar, only better—hard caramel center with almonds layered with chocolate and walnuts.* **Cookies galore (11).** *Raisin-date-nut bars with chocolate, chocolate macaroons from Monte Carlo, Ralph's cookies, Chocolate-chocolate-chocolate cookies, wholewheat brownies. Shopping information, page 192; recipes, page 182.*

EMERICK BRONSO

Maida Heatter

The planning corner of Maida Heatter's efficient, all-white kitchen

2
3
4
5
6
7
8
9
10
11

Food for talk

Chocolate power *continued*

A step-by-step guide to decorating and serving four glorious chocolate-on-chocolate desserts

September 7th cake

1. Place wax paper strips around cake plate edges and place cake layer upside down to touch strips all around. Spread on filling and cover with top layer, right side up. Work in a cool room. Ice sides, filling any hollows, then spread them again to make them neat. **2.** Ice top thickly, smooth very well. **3.** Fit a 15-inch pastry bag with a #6 star tip and fill with rest of icing. Pipe a continuous "ripple" down center of cake—pipe a 2-inch strip and, without lifting tip, move tube back over half the strip, then down to form second strip. **4.** Fill in right, left sides. Remove paper and refrigerate until serving time.

Toblerone mousse

The perfect garnish—more Toblerone! **1.** Lots of little curls are easily made with a swivel-bladed vegetable peeler and a large bar of Toblerone. **2.** Break off a triangle and peel along longest edge. Work quickly in a cool place so chocolate does not become too soft.

Ice cream en robe

1, 2. Place about 1 ounce of melted, cooled chocolate in the center of a wax paper round. **3.** Quickly spread chocolate into a thin round with a rubber spatula leaving a 1-inch border uncovered. The edges should be neat and even, but don't worry about the surface being perfectly smooth. **4.** Pop a scoop of ice cream into center of the chocolate. **5.** Bring up 2 opposite sides of paper, the ice cream will harden chocolate in place bring up last 2 sides, forming the robe, with 4 corners sticking out. Don't fuss with it. Just make sure the 4 sides are up and that they meet in the corners. Immediately return to freezer until hard. Peel off wax paper starting in the center of a side. Work carefully and slowly, but don't keep ice cream out of freezer long enough for it to start to melt. The corners are the most fragile part—handle them with care. Return to freezer until serving time. Serve on flat plates with a fork and spoon.

Chocolate slab garnish for chocolate pie

1. Melt 2 ounces semisweet chocolate in the top of a double boiler. Stir until smooth. Pour onto a large sheet of wax paper and smooth into a thin layer about 10 inches square with a long metal spatula. **2.** Don't worry about the shape, but try to keep the edges as thick as the rest. Slide paper onto a cookie sheet and freeze until hard. **3.** Peel paper away. **4.** Break chocolate into large, irregular pieces. Handle as little as possible. **5.** Stick pieces on edge into pie. Refrigerate until ready to serve. Cut portions so each has a slab. *Note on chocolate:* "Since so much of the flavor depends on the chocolate, it should be a good one. For semisweet use: Baker's, Hershey's, Tobler Tradition, Lindt Excellence, Baker's German Sweet, Maillard's Eagle Sweet, Barton's, Suchard's Bittra. Dutch process cocoa has a darker color and slightly different

RICK BRONSON

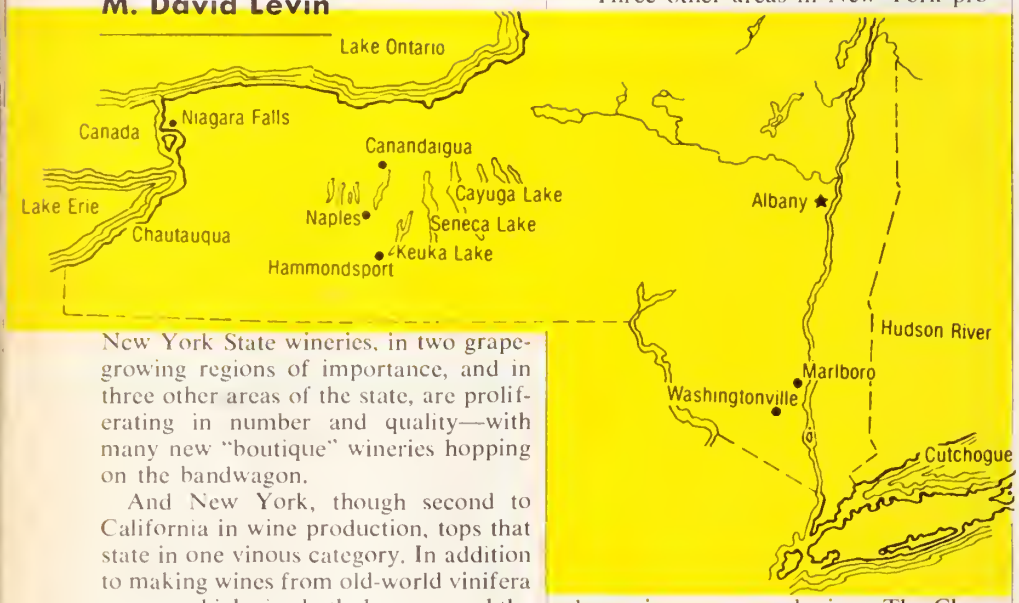
Toblerone Mousse
1
2
September 7th Cake
1
2
3
4
5
Chocolate Pie with Chocolate Slabs
Cream on Robe

GOOD SPIRITS

New tastes in American wines

Adventurous New York State wineries experimenting with new grapes and techniques are producing delicious experiences for wine drinkers

By Doris Tobias and M. David Levin



New York State wineries, in two grape-growing regions of importance, and in three other areas of the state, are proliferating in number and quality—with many new "boutique" wineries hopping on the bandwagon.

And New York, though second to California in wine production, tops that state in one vinous category. In addition to making wines from old-world vinifera grapes, which give both the great and the lesser wines of Europe, and from French-American hybrids, New York makes a great deal of wine from hardy native American grapes such as Concord, Catawba, Dutchess, Ives, Moore's Diamond, Isabella, and Niagara.

In the mild California climate, the native labrusca grapes do not ripen properly, and so when Californians want Concord grape jelly or juice, they get it from Oregon, Washington, or New York.

However, highly important to lovers of fine table wines, are the French-American hybrids. These are the varieties which have been ingeniously and painstakingly bred from crosses of European and American grapes to combine the elegant flavor of the old-world wines with the hardiness of our labrusca grapes to withstand the cold winters in northeastern grape-growing states.

The grape-growing areas in New York are sited near large bodies of water, which help temper the effect of the state's sub-zero winters on the vinifera and French-American hybrids.

The largest wine-producing area is the Finger Lakes region in the west-central part of the state, centered mainly around Lakes Keuka, Canandaigua, Seneca, and Cayuga.

Hammondsport, at the southern end of Lake Keuka, is the town where many area wineries headquarter. The town is as important to New York State wine people as the city of Bordeaux is to the French wine trade.

The Hudson River Valley is important because of its rapidly increasing production of fine vinifera and hybrid wines by quality-emphasizing small wineries. It has the potential for soon becoming one of the really great wine regions of the United States. The area, about an hour's drive north of New York City, has a group of small wineries with limited production, which set their sights on making fine wines from French-American hybrids and vinifera grapes.

Three other areas in New York produce wine grapes and wines. The Chautauqua countryside on Lake Erie, a 60-mile belt of vineyards, is known mostly for its labrusca grapes. Most of these go to the Finger Lakes wineries.

The Niagara area, in the peninsula of land that divides Lake Erie and Lake Ontario, has a hospitable climate for some 2,000 acres of wine grapes—native, hybrids, and vinifera.

The latest vineyard area in the state is Long Island, where vines have been planted on the north shore near Cutchogue.

The Hudson River Area

The Hudson River Valley has the distinction of being the oldest wine-growing area in the United States. Three hundred years ago, French Huguenot refugees planted old-world vines they had brought with them. These vines did not survive but the Huguenots pressed on with wines made from native grapes.

Benmarl Vineyards, in Marlboro, was founded in 1956 by Mark Miller, a retired artist. French-American hybrids dominate. Seyval Blanc produces a fresh, fruity, pleasing white wine with not a hint of strong native-grape foxiness. Another white, Aurora Blanc, yields a soft, fragrantly fruity white wine with some sweetness.

Among Benmarl's reds, the Baco Noir is a dark, fruity, and well-made wine. Chancellor Noir is a more full-bodied red. De Chaunac, another red hybrid, has zesty overtones not unlike a young Zinfandel.

Miller's son, Eric, is currently experimenting with Johannisberg Riesling and Chardonnay vinifera grapes. As Eric says: "They take five times the amount of care as the hybrids, and are far less winter-hardy in this region."

The Brotherhood Winery in Washingtonville has the distinction of being the oldest active winery in the United States. Its wine caves are the largest underground wine cellars in the country, and resemble those of old European wineries. No vines grow on Brotherhood's grounds; it buys the grapes it vinifies locally and from other wine regions. It retails its wines to visitors who are attracted by the free tour of the wine-making facilities, free wine tastings, and spacious picnic grounds.

Joseph Cagnasso, a former winemaker at Brotherhood as well as for the Gallo Brothers in California, has opened a new winery in Marlboro—Cagnasso Winery.

Cagnasso's first offerings this year include a Chianti-like blend of 80 percent De Chaunac and 20 percent Leon Millot, a vigorous red hybrid on the tart side; a Rosso Amabile, a blended serviceable red table wine, and Vino Rosé, a fresh, delicate light red.

Also in the Marlboro area is Royal Wine Company, whose kosher wines are bottled under the trade name "Kedem." In addition to native labrusca grape wines, Kedem bottles a very good De Chaunac. Under the aegis of Ernest Herzog, a seventh generation winemaker, a part of Kedem's production is being directed away from the traditional kosher sweet wines. As its tasting room, Kedem uses a converted railroad station on the banks of the Hudson, and has dug out stone-lined cellars for additional tasting space.

Great River Winery has opened a new tasting room for visitors in Marlboro in the old Marlboro Champagne Cellars. Philip Powers, a partner in the winery, says Great River grows its own grapes in two hillside vineyards and that its 95 acres are the largest holding of any winery in the region.

Great River also buys grapes, grape juice, and wines from other growers for blending. Great River produces Seyval Blanc, Aurora, Baco Noir, Vincent Noir—a robust, deep-flavored red, and also two house blends, Great River Red and White.

The Hudson Valley Wine Co. offers picnics, movies, other entertainment, and a host of activities which keep the tour buses coming through the gates. It specializes in rather sweet wines from native

Continued on page 178

What the right scarf does for a plain black dress,

Stouffer's Side Dishes do for dinner.

Or dessert. Or even brunch. Stouffer's Escalloped Apples is that versatile. It adds a fresh touch to a ham or chicken dinner. Makes a refreshing dessert, over ice cream. And turns pancakes or waffles into a new brunch idea.

Just one of 13 out-of-the-ordinary side dishes Stouffer's makes. To liven up a simple meal. Or do justice to a special one. That's why they're the great mealtime accessories.

Stouffer's Side Dishes.
The great mealtime accessories.

Sunday's roast beef was fantastic.
Sunday's leftovers and a blend of two rices with different herbs and seasonings made Monday seem like the second Sunday of the week.

What a success.

original . . . or fast cooking

continued from page 176

labrusca grapes, but has also brought out a Chelois, a light, fruity red hybrid. The winery is proud that all wines under its label are grown, produced, and bottled on the premises.

A few miles north is Clinton Vineyards, in Clinton Corners, which this spring released its first vintage—a '77 Seyval Blanc, made from 100 percent Seyval Blanc grapes. The wine is flowery, fruity, and very pleasing. The winery, just 15 acres, is the labor of love of Ben and Kathy Feder, who plan to concentrate exclusively on white wines from hybrids and vinifera. Most of their vines come from Walter S. Taylor's Bully Hill Vineyards on Lake Keuka.

Cascade Mountain Vineyards, in Amenia, run by William Wetmore, an author turned winemaker, is another new winery. Wetmore's first offering was Harvest Red, a young, fresh, fruity red wine from French hybrids, a wine Wetmore describes as "similar to Beaujolais-Nouveau." Wetmore also has a dry, pleasing, and light Mountain Harvest Rosé, made entirely from Baco Noir.

The Finger Lakes Region

The Taylor Wine Company, among the largest wineries in the East, is in Hammondsport, on the shores of Lake Keuka. Taylor, and the close-by Pleasant Valley Wine Company, which markets table and sparkling wines under the well-known name, Great Western, are associated companies and both are wholly owned subsidiaries of the Coca-Cola Company, which also recently bought Mogen David wines.

The total cooperage capacity at Taylor is 25 million gallons; the company offers more than 60 different products, including table wines, apéritifs, fortified and dessert wines, champagne, and other sparkling wines. The champagne alone accounts for almost 1 million cases annually.

The Taylor wines include many blends of native labrusca varieties, and some California hybrids, such as Emerald Riesling and Ruby Cabernet. Taylor is presently adding to its line of French-American hybrids. A new De Chaunac is well made, with a pleasing zesty flavor. Taylor's blended wines—Lake Country Red, White, and Pink are grapy, slightly sweet, and continually popular.

Gold Seal Vineyards, on a slope facing Lake Keuka, was the site of the first successful experiments that proved vinifera and French-American hybrid grapes could be consistently grown in New York. Charles Fournier, who came as winemaker to Gold Seal in 1934, brought his expertise as former chief winemaker at Veuve Clicquot Ponsardin in France's Champagne district. Fournier's venture into fine European grapes laid the basis

for wide-scale commercial Chardonnay in the East. Gold Seal's Chardonnay is a wine styled for grace and elegance. Made now from vines which have fully matured, it gives a typical Burgundian nose or bouquet, a fine, full body, and a tingle on the tongue.

Up the road from Gold Seal is Walter S. Taylor's Bully Hill Vineyards. It was in 1975 that the last of Bully Hill's native grape vines were torn out to make room for more hybrids. Today, hybrids such as Baco Noir and Chancellor among reds, and Seyval Blanc and Aurora among whites, are predominant, along with blends called Bully Hill Red and White.

Vinifera Wine Cellar, founded by the eminent oenologist, Dr. Konstantin Frank, produces some of the finest wines in the state. Dr. Frank, convinced Charles Fournier in the 1950s, to plant European vinifera in his Gold Seal vineyards. They worked to marry successfully the best native cold-resistant rootstocks to the more tender European varietals, such as Johannisberg Riesling, Chardonnay, and Gewürztraminer.

A new winery, Glenora Wine Cellars, in Glenora, uses innovative methods. Glenora's winemaker, John Williams, was trained in the famous school of wine technology at the University of California at Davis and takes an experimental approach—aging the same wine in barrels of Yugoslavian and American oak and in stainless steel. The comparative results are interesting and should provide a guide for Glenora's future vintages.

Glenora's wines include a white Cayuga, a new hybrid released for commercial use by the New York State agricultural experimental station at Geneva. It has been highly praised and several wineries are bottling Cayuga, including Widmer's Wine Cellars in Naples.

Among the newest of the new wineries along the Finger Lakes wine trail is Heron Hill. Its principal owner and winemaker is Peter Johnstone, a grape grower whose impetus was to find a surer market for his grapes. Johnstone is devoting much of his efforts to Johannisberg Riesling. He believes his current Johannisberg Riesling is appealing enough to charge $4.50 a half-bottle and, as his production is limited, his wines are available only at the winery.

Chautauqua—Lake Erie Region

The best-known winery here is Johnson Estate Wines in Westfield, which specializes in premium wines, mostly made from French-American hybrids, such as Seyval Blanc and Chancellor. Owner Frederick Johnson is a highly rated oenologist and international consultant on agricultural business. Winemaker Bill Gulvin also produces elegant sweet wines made from the native Delaware grape.

Continued on next page

Good spirits
continued from preceding page

Niagara Falls Region

Niagara Falls Wine Cellar, at Lewiston, 6 miles from Niagara Falls, is the best known of the wineries here. It's only 6 years old, and is housed in an old château.

The winery makes a Blanc de Blancs sparkling wine, which is highly rated. Among its hybrids and varietals are Seyval Blanc, Aurora, and a Chardonnay. It produces some excellent wines from native grapes—Delaware, Dutchess, and a good, grapy Catawba.

Long Island

Hargrave Vineyards, some 84 acres on the north fork of Long Island's North Shore, in Cutchogue, is the enterprising venture of Alex and Louisa Hargrave. They are into their sixth year, having planted prime French varietals—Cabernet Sauvignon, Pinot Noir, and Merlot, among reds; Chardonnay and Sauvignon Blanc, among whites. Distribution at present is limited, but the wines are available on Long Island and in some New York City area stores. ■

A perfect pear
continued from page 169

stirring constantly; reduce heat as butter thickens. When no liquid appears around a spoonful's edge, ladle into sterilized jars. Stir ¼ teaspoon pumkin pie spice into each pint before sealing. *Barbara Walker.*

● Sauté sliced pears in butter, add a dash curry powder. Serve with meats.

Top sliced pears with Brie slices, sprinkle with almonds. Broil until cheese melts. Serve as dessert. *Jeff Smith.*

● Substitute pears for apples in curry sauce recipes.

● Sliced pears and sweet onions—cooked in butter to serve with roast meats or raw in salads.

Pears stuffed with amaretti

From Franco Bridigi of Trattoria La Pergola, Little Neck, L.I.

INGREDIENTS

4 firm pears
8 amaretti cookies
2 egg yolks
1 heaping tablespoon sweet butter
4 tablespoon sugar
1 cup white wine
Crème Anglaise (optional)

METHOD

☐ Cut thin slices off tops of pears and off the bottoms so they stand up. Grind amaretti to a powder in a blender or food processor. Scoop out pears, leaving a rather thick shell. Discard cores and add flesh to processor with amaretti. Add yolks, butter, and half the sugar and blend together; stuff equal portions into each pear.

☐ Bake in a preheated 375° oven 40-50 minutes according to ripeness of pears. When soft, take out and reserve. Pour wine and remaining sugar into baking pan and scrape up juices. Bring to a boil and cook down to form a thin syrup. Glaze pears with syrup and serve warm or cold with crème Anglaise, if desired. Serves 4.

Pear flan

From Paula Wolfert, author of Mediterranean Cooking

INGREDIENTS

1½ cups milk
4 whole eggs
1 egg yolk
⅓ cup sugar
3 large or 4 small firm pears, poached (recipe follows)
⅓ cup poaching liquid
2 tablespoons Poire William, Amaretto, or Grand Marnier liqueur
1 sweet pastry crust, partially baked
5 tablespoons apricot jam, strained (optional)

METHOD

☐ Scald milk in a saucepan. Beat eggs and yolk lightly in a bowl. Add milk and sugar while beating. Do not overbeat. Stir in poaching liquid and liqueur. Strain into a pitcher.

☐ Fit pear halves, cut side down, into pastry shell. Place on rack in middle of oven. Slowly pour over the custard mixture. Bake in a preheated 350° oven 35-40 minutes or until custard is set, puffed, and spotted brown. Serve warm, glazed with jam if desired. Serves 6.

Poached pears

INGREDIENTS

3 large or 4 small, firm Comice, Bartlett, or Anjou pears
½ lemon
1½ cups water
¾ cup sugar
1 1-inch piece vanilla bean

METHOD

☐ Peel, halve, and core pears. Rub with lemon and set aside. Combine water, sugar, and vanilla bean in a saucepan, bring to a boil, and simmer 2 minutes. Add pears and poach until tender. Remove and drain. Reduce cooking liquid by ½. Reserve ⅓ cup.

Sautéed pears with raspberry sauce

From Michele Urvater, New York cooking teacher

INGREDIENTS

⅓ cup heavy cream, chilled
6 pears (about 2½ pounds)
½ lemon
4 tablespoons sweet butter
¼ cup Grand Marnier
½ cup raspberry preserves, strained
¼ cup almond slivers, toasted

METHOD

☐ Whip cream until stiff in a bowl and refrigerate until ready to serve.

☐ Peel, core, and cut pears into eighths. Rub with lemon and set aside.

☐ Melt butter in a skillet and toss in pears. Sauté over high heat for 1-2 minutes, coating pears with butter. Turn down heat, cover, and steam pears for 3 minutes until cooked but not mushy. Transfer pears with a slotted spoon to a serving dish or 4 plates and keep warm.

☐ Add liqueur and raspberry preserves to skillet and stir well, scraping the bottom of the pan. Cook over high heat until large bubbles form all over surface of mixture and it is thick. Take off heat.

☐ Spoon raspberry mixture over pears and strew nuts over. Top with whipped cream, serve immediately. Serves 6. ■

Conversation starters
continued from page 170

Bloody Mary sorbet

INGREDIENTS

8 ounces tomato juice
3 ounces vodka
Juice of 2 lemons
1 egg white
½ teaspoon salt
Freshly ground pepper
Several snippets of fresh celery leaves
Few dashes Worcestershire sauce, to taste
1 cup cracked ice
Fresh tarragon

METHOD

☐ Blend all ingredients except tarragon in a blender or food processor until smooth. Pour into a bowl and freeze. Mound into long-stemmed glasses and garnish with fresh tarragon. Serves 4.

☐ *Note:* You may omit the vodka if you prefer, but the mixture may freeze a bit harder.

Chicken with leeks and grapes

INGREDIENTS

1 plump chicken, cut in 4 serving pieces
2-3 tablespoons cooking oil
2 leeks, cut in fine julienne strips
2-3 cups apple juice
2 tablespoons butter
1-2 cloves garlic, finely chopped
Small bouquet parsley, half finely chopped, half for garnish
Salt, pepper
½ pound seedless white grapes, halved

METHOD

☐ Sauté chicken pieces in oil in a heavy pan over moderately high heat until brown on both sides (about 10 minutes). Cook the leek strips in another pan in 2 cups

Continued on page 182

Fresh, as if J. L. Kraft had delivered it himself.

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Conversation starters
continued from page 180

apple juice until soft

☐ Melt butter in a 2-quart casserole, add chicken, garlic, finely chopped parsley, a little salt and pepper to taste, and the apple juice and leeks. Cook in a preheated 350° oven about 25 minutes. Add more apple juice while baking if necessary. Transfer to a heated platter and decorate with grape halves and parsley. Serves 4.

Brioche slices with cherries

INGREDIENTS

1 cup rosé wine
1 stick cinnamon
⅓ cup plus 2 tablespoons sugar
2 cups canned fancy dark sweet cherries, pitted
2 eggs
1 tablespoon kirsch
1 cup milk
3 tablespoons butter
1 large fresh brioche, sliced
Confectioners sugar

METHOD

☐ Cook the wine, cinnamon stick, and ⅓ cup sugar together for several minutes in a small saucepan. Add cherries and cook until well heated.

☐ Break eggs into a soup plate, add the kirsch, milk, and remaining 2 tablespoons sugar. Beat well. Dip brioche slices in mixture and fry in butter in a large skillet until golden on both sides. When brown, arrange on dessert plates.

☐ Drain cherries, reserving liquid. Discard cinnamon stick. Arrange cherries on brioche slices. Return liquid to pan, cook down quickly to a syrup, spoon over dessert. Dust with sugar. Serves 4. ■

Chocolate power
continued from page 174

Ice cream en robe

INGREDIENTS

2 pints pistachio or coffee ice cream (or other flavor if you prefer)
6 ounces semisweet chocolate

METHOD

☐ With a 2½-inch ice-cream scoop, form 6 round balls of ice cream, mounded high. Place in a shallow pan lined with wax paper or aluminum foil and immediately place them in freezer—the balls must be frozen before you proceed.

☐ Cut 6 7½-inch-diameter wax paper rounds; they must be wax paper.

☐ Place chocolate in the top of a small double boiler over warm water on low heat. Stir occasionally until chocolate is melted and smooth—do not let it become hotter than tepid. Remove from heat and let cool to room temperature, stirring occasionally. It should be cool enough to "puddle" slightly. If the chocolate starts to thicken too much, replace over warm water and stir briefly. See page 174 for technique to form chocolate.

☐ Chocolate en robes may be prepared an hour or so before serving or may wait in the freezer for as long as you would store ice cream. If they are going to be frozen for a long time, you will need roomy, shallow boxes—the en robes are fragile and must be stored without crowding. Cover with plastic wrap. Serves 6.

Chocolate pasticcios

You will need small, round (not fluted) tartlet pans, 2⅜ inches across and $\frac{7}{16}$-inch deep. In New York, they can be bought at the Bridge Corp., 212 East 52nd St., New York, N.Y. 10022. You will also need a plain, 2¾-inch round cookie cutter.

INGREDIENTS FOR PASTRY

1¼ cups all-purpose flour, sifted
¼ cup granulated sugar
¼ pound (1 stick) butter, cut into small pieces
1 egg yolk
2 tablespoons ice water

INGREDIENTS FOR FILLING

3 ounces (¾ stick) butter, cut up
12 ounces (2 cups) semisweet chocolate morsels (I use Nestlé's)
¼ cup light corn syrup
8 egg yolks (the whites may be frozen for some other use)
A few teaspoons unsalted green pistachio nuts, walnuts, or pecans, chopped

METHOD FOR PASTRY

☐ This pastry may be put together in a food processor or in the traditional manner. In the processor: Place the flour and sugar in the bowl. Add the butter and process until the mixture resembles coarse meal. Add the yolk and water and process only until the mixture forms a ball.

☐ In the traditional manner: Place the flour and sugar in a mixing bowl. Cut in the butter with a pastry blender until the mixture resembles coarse meal. Stir the yolk and water together, add to the flour mixture, and stir with a fork until the mixture holds together.

☐ Wrap the pastry airtight and refrigerate it for at least an hour or even a few days if you wish, or freeze it.

☐ Flour a pastry cloth or a board and a rolling pin. Work with ½ the dough at a time—reserve balance in the refrigerator. Flatten dough slightly and turn it over to flour both sides. With the floured rolling pin, roll out dough until it is very thin—about 1/16 inch.

☐ Cut with a 2¾-inch plain cookie cutter, to make 30 rounds (15 from each ½ of dough). Ease them gently into pans, and press them in lightly so that they touch the pans all over. If you have fewer pans the remaining pastry can wait.

☐ Place the lined pans on a cookie sheet and freeze until dough is firm. (You can leave it overnight or longer at this stage.) Line each tartlet shell with a square of foil, and press it firmly into place, and weight with dried beans.

☐ Bake in preheated 400° oven about 12 minutes, reversing the pan front to back once during baking to ensure even browning. After about 10-11 minutes, check one—gently lift foil to check color of pastry. It should be baked until golden. Remove from oven, take out foil and beans, and cool. The shells may either cool completely or be slightly warm for filling.

METHOD FOR FILLING

☐ Prepare the filling enough ahead of time for it to cool to tepid or room temperature before using. It may wait at room temperature for hours if you wish, but it should not be refrigerated or it will become too firm.

☐ Place the butter and chocolate in the top of a large double boiler over hot water on moderate heat. Cover for a few minutes until almost melted. Then stir until smooth. Stir in the corn syrup. Stir the yolks briefly in a bowl just to mix and then gradually stir in a few spoonfuls of the hot chocolate mixture. Gradually stir the egg mixture into the remaining chocolate. Reduce the heat to low and cook, stirring constantly, for 5 minutes.

☐ Remove the top of the double boiler from the hot water. Let stand, stirring occasionally, until cool or tepid.

☐ Place a well-rounded teaspoonful of the filling into each baked shell, placing it evenly in the center. (It is not necessary to spread the filling—it will run during baking.) Sprinkle a few of the chopped nuts on center of pasticcios.

☐ Bake in a preheated 300° oven (no hotter) for 12 minutes, reversing the pan front to back once to ensure even baking. The tops will feel dry to the touch, but the filling will still be soft. Do not overbake!

☐ Remove from oven. Let stand until cool enough to handle, then use your fingertips to gently ease them out of the pans and place them on racks until completely cool.

☐ They may stand at room temperature or they may be refrigerated or frozen. And they may be served at room temperature, chilled, or frozen. Try them each way and see which you like best.

☐ If you are serving pasticcios as dessert, plan on 3 as a portion. Makes 30 pasticcios.

Chocolate pie

INGREDIENTS FOR GRAHAM CRUST

½ cup all-purpose flour, sifted
½ teaspoon double-acting baking powder
¼ teaspoon baking soda
⅛ teaspoon salt
½ teaspoon cinnamon
2 ounces (½ stick) butter
½ teaspoon vanilla
¼ cup dark brown sugar, packed
2 tablespoons honey
1 cup all-purpose whole-wheat flour (stir lightly to aerate before measuring)
¼ cup milk

Continued on page 184

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continued from page 182

INGREDIENTS FOR FRENCH SILK FILLING

3 ounces unsweetened chocolate
6 ounces (1½ sticks) butter
1 teaspoon vanilla extract
1 cup light brown sugar, packed
4 eggs
½ cup walnuts, cut into medium-sized pieces

INGREDIENTS FOR WHIPPED-CREAM TOPPING

1 teaspoon unflavored gelatin
2 tablespoons cold water
2 cups heavy cream
½ cup confectioners sugar, sifted
Scant 2 teaspoons vanilla extract
Coarsely grated chocolate or chocolate slabs, see page 174 (optional)

METHOD FOR GRAHAM CRUST

☐ Sift together the white flour, baking powder, baking soda, salt, and cinnamon into a bowl and set aside.

☐ Cream the butter in a small bowl. Add the vanilla, brown sugar, and honey and beat to mix well. Add the whole-wheat flour and the sifted dry ingredients in 3 additions alternating with the milk in 2 additions on low speed of mixer. Scrape bowl as necessary with a rubber spatula and beat only until smooth after each addition. If mixture is not completely smooth, turn it out onto a board or smooth work surface and knead briefly with the heel of your hand.

☐ Divide the dough in half. Form each half into a round ball, flatten slightly, wrap airtight, and refrigerate for at least 2-3 hours (may be refrigerated for several days or frozen).

☐ Place 1 piece of dough on a floured pastry cloth or board and turn it over to lightly flour both sides. Roll out into a 12½-inch circle. Transfer dough to a 9-inch pie plate. Gently press dough into pan and trim. Crimp edges. Pierce bottom and sides at ½-inch intervals with a fork. Chill a few minutes. If you wish, leave it in refrigerator to bake later. Repeat with second half of dough.

☐ Bake in a preheated 350° oven for 16-17 minutes until lightly colored with a slightly darker edge. Place on a rack until cooled completely. Freeze extra shell.

☐ You can make cookies with any leftover scraps of dough. Press them together, wrap airtight, chill until firm enough to roll. Roll the dough on a floured pastry cloth with a floured rolling pin until it is a scant ¼-inch thick. Cut into squares or circles, transfer to an unbuttered cookie sheet, and prick the cookies at ½-inch intervals with a fork. Bake in a 350° oven for about 12 minutes or until cookies are lightly colored. Transfer to a rack to cool.

METHOD FOR FILLING

☐ Place chocolate in the top of a small double boiler over hot water on moderate heat. Cover and let stand only until melted. Remove from hot water and set aside to cool.

☐ Cream the butter in a small bowl until it is soft. Add the vanilla and sugar and beat well for several minutes. Add the melted chocolate and beat to mix.

☐ Add the eggs 1 at a time, beating for 5 minutes after each addition. You can use high speed for the first egg, but as you add the remaining eggs and the mixture thins, reduce the speed as necessary to avoid splashing.

☐ Stir in the walnuts and pour mixture into crust. Refrigerate several hours or overnight. Can be doubled for 2 pies.

METHOD FOR TOPPING

☐ Sprinkle the gelatin over the cold water in a small heat-proof cup and let stand a few minutes. Place the cup in a small pan of shallow hot water on low heat. Let stand until gelatin is dissolved.

☐ Reserve about 3 tablespoons of the cream and place the rest in a small bowl (chill bowl and beaters if the room is very warm). Add the sugar and vanilla and beat until the cream increases in volume and barely holds a soft shape. Stir the reserved cream into the dissolved gelatin quickly and, while beating, pour it all at once into the whipped cream. Continue to beat only until the cream holds a shape and is just firm enough for a topping—don't overbeat. Double if making 2 pies.

☐ Spread whipped cream on filling and sprinkle with grated chocolate or insert chocolate slabs (page 174). Refrigerate until serving time; serve pie in plate, as crust is difficult to cut and may crack. Each pie serves 8-10.

September 7th cake

INGREDIENTS FOR CAKE

6 extra-large eggs, separated
¾ cup granulated sugar
¼ cup plus 1 tablespoon unsweetened powdered cocoa, sieved (preferably Dutch process)
¼ teaspoon salt

INGREDIENTS FOR FILLING

½ teaspoon unflavored gelatin
1 tablespoon cold water
1 cup heavy cream
¼ cup confectioners sugar
½ teaspoon vanilla

INGREDIENTS FOR ICING

8 ounces semisweet chocolate (I use Maillard's Eagle Sweet)
2 ounces (½ stick) butter, cut in small pieces
1 tablespoon dry instant coffee
¼ cup water, boiling
2 cups heavy cream
¼ cup confectioners sugar
1 teaspoon vanilla

METHOD FOR CAKE LAYERS

☐ Butter 2 round, 9-inch layer pans and line bottoms with wax paper or parchment paper. Butter paper and dust all over with flour.

☐ Beat egg yolks in a bowl at high speed until light and lemon colored. Add ½ the sugar and continue to beat at high speed

Continued on page 186

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Gama

Gas Appliance Manufacturers Association

continued from page 184

until the mixture is very thick and forms a wide ribbon.

☐ Beat in cocoa on lowest speed, scraping the bowl with a rubber spatula and beating only until the cocoa is completely mixed in; set aside and clean beaters. Beat egg whites with the salt in a large bowl at high speed until they barely hold a soft shape. Gradually add reserved sugar and continue to beat until the meringue has a thick marshmallow consistency that holds a definite point.

☐ Fold ½ the beaten whites into chocolate mixture by large spoonfuls. Then fold the chocolate mixture into the remaining whites. Do not handle any more than necessary.

☐ Turn ½ the mixture into each prepared pan. Gently smooth each layer. Bake in a preheated 375° oven 30-35 minutes or until the layers spring back when pressed lightly with a fingertip and begin to shrink from the sides of the pans.

☐ Remove from the oven and carefully, with a small sharp knife, cut around the sides of the cake. Unmold cake onto a rack, peel off paper, and invert again onto a rack to let layers cool right side up.

The layers will sink and look uneven; the filling and icing will cover it.

METHOD FOR FILLING

☐ See method for topping in chocolate pie recipe.

☐ Scrape cream onto cake layer. Spread evenly, keeping ½ inch away from edges. Refrigerate. Reserve the other layer at room temperature.

METHOD FOR ICING

☐ Coarsely chop chocolate and place in the top of a small double boiler over hot water on moderate heat. Add butter. Cover and let stand for a few minutes, then uncover and stir with a rubber spatula until the chocolate and butter are melted and smooth. Remove from hot water.

☐ Dissolve the coffee in the boiling water in a small cup and stir into the melted chocolate. If the mixture is not completely smooth, stir it with a small wire whisk.

☐ Cool chocolate to room temperature. You can let it stand, or, if you are very careful not to overdo it, stir it briefly over ice and water—but not long enough for the chocolate to harden.

☐ When the chocolate has cooled, place the cream, sugar, and vanilla in a small bowl. Beat until you have made soft whipped cream, firm enough to hold a shape but not stiff. Fold about ½ the cream into the chocolate, 2 to 3 additions, and then fold the chocolate into the remaining cream. If necessary, chill until firm enough to pipe. See page 174 for icing technique. Serves 10.

Toblerone mousse

In order to have the very special flavor of this recipe, it must be made with Toblerone, a triangular-shaped bar of Swiss sweet milk chocolate with chopped almonds and honey nougat. It is available at fine food stores and some candy shops.

INGREDIENTS

7 ounces milk chocolate Toblerone, broken into triangles
6 tablespoons boiling water
½ cup heavy cream
2 egg whites
Pinch salt
2 tablespoons granulated sugar
Additional Toblerone for shaving over the top (optional)

METHOD

☐ Place the chocolate and boiling water in a small heavy saucepan over the lowest heat. Stir occasionally with a small wire whisk until the chocolate is melted and smooth. (You will see little bits of almonds and partially melted nougat.) Do not overheat the chocolate. Just as soon as it is smooth, remove from heat and set aside until completely cool.

☐ Whip cream in a small bowl until it holds a soft shape—not stiff—and set aside. Beat egg whites and salt in a small bowl until they hold a soft shape. Add the sugar gradually and continue to beat until the mixture holds a firm shape but is not stiff or dry.

☐ Meanwhile, chill the chocolate briefly, either in the freezer, stirring occasionally, or set over ice and water, stirring constantly. The chocolate should be cold enough to thicken very slightly, but do not let it start to harden.

☐ Fold the chocolate, whites, and cream together only until incorporated. Pour mousse into a serving bowl or 4 individual dishes, or wine glasses. Cover and refrigerate until about 1½ hours before serving; then transfer mousse to freezer. (It will be too soft directly from the refrigerator, and a bit too firm although still delicious, if it is frozen for a long time. If the freezing time is right, it will be like a creamy ice cream.) Individual portions should freeze about 1½ hours; a large bowl will take a bit longer. If you plan to serve this soon after making it, place it directly in the freezer. See page 174 for garnishing. Serves 4.

Chocolate macaroons from Monte Carlo

INGREDIENTS

2½ ounces (2½ squares) unsweetened chocolate
5 ounces (1 cup) almonds, blanched
1 cup granulated sugar
½ teaspoon vanilla
¼ teaspoon almond extract
⅓ cup egg whites (2-3 extra-large eggs, measured carefully)
About 1 teaspoon additional granulated sugar (for topping)
6 candied cherries, cut into quarters (optional)

METHOD

☐ These macaroons are traditionally baked on heavy brown paper. Cut 2 pieces (you can use grocery bags) to fit two 12-by-15½-inch cookie sheets. (Iron the paper if necessary.)

☐ Place the chocolate in the top of a small double boiler over hot water on moderate heat. Cover and let stand only until melted. Remove the cover, remove from hot water and set aside until it becomes cool.

☐ Grind almonds to a fine powder in a food processor, a blender, or a nut grinder. Place the ground almonds in a mixing bowl with the sugar and stir to mix well.

☐ Add the egg whites, vanilla and almond extracts, and the melted chocolate. Stir thoroughly. The mixture should be firm enough to hold a soft shape—or semifirm.

☐ Keep your hands wet while shaping the cookies. Form 24 mounds of the mixture, using a rounded teaspoonful for each, and place them on waxed paper. If the mounds are too sticky to handle, let them stand for about 15 minutes (or longer if necessary) to dry a bit.

☐ Shape mounds into balls by rolling them between wet hands. Place macaroons 2 inches apart on brown paper. Do not place macaroons on the seam where the paper is double—macaroons will stick to the paper there.

☐ Sprinkle the tops very lightly with a bit of the additional granulated sugar. If you wish, top each one with ¼ of the candied cherry, curved side up.

☐ Bake 19-20 minutes in a preheated 325° oven, reversing the sheets top to bottom and front to back once during baking to ensure even baking. When done, the macaroons should be dry on the outside but moist and soft in the centers. They will harden somewhat as they cool—don't overbake.

☐ Slide the papers off the cookie sheets. Let stand for about a minute. The macaroons will be stuck to the paper. To remove them, in the best classic manner, turn each piece of paper upside down onto a work table or countertop. Brush the paper with water, using a pastry brush or a wet cloth. Let stand briefly. As you see the paper dry out over the cookies, wet it a second time. Let stand for a few minutes until the paper can be easily lifted off without tearing the bottoms of the macaroons. Then place them right side up on racks to cool.

☐ Store airtight. Macaroons will stay fresh and soft for weeks in an airtight container in the refrigerator; they will be all right for several days at room temperature, or they can be frozen. Makes 24 macaroons.

The world's best hot fudge sauce

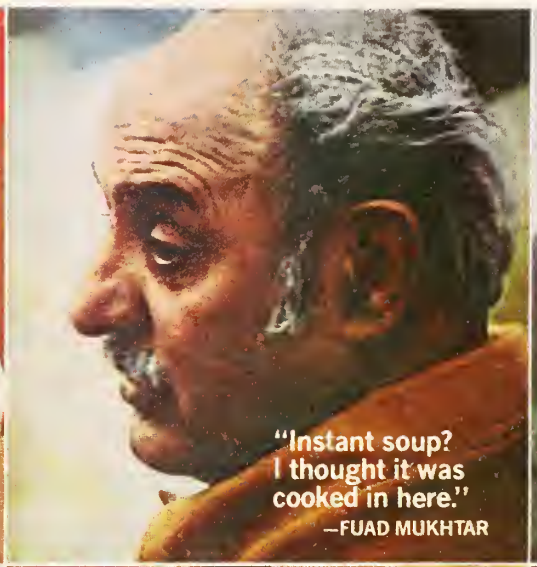
INGREDIENTS

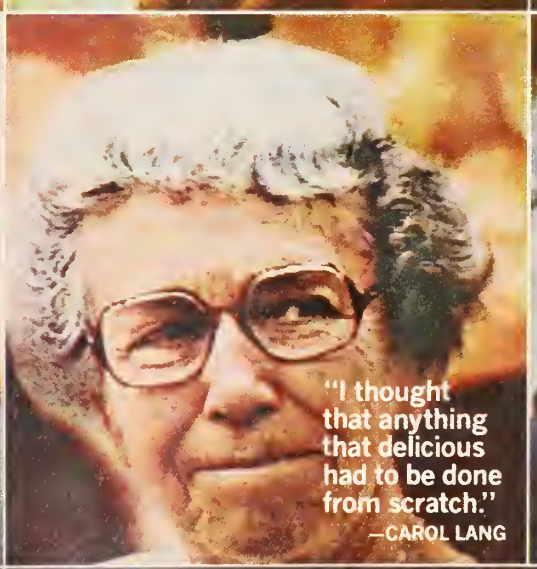
3 tablespoons sweet butter, cut into small pieces
⅓ cup granulated sugar
⅓ cup dark brown sugar, packed
½ cup Dutch process cocoa
⅓ cup heavy cream
Pinch salt

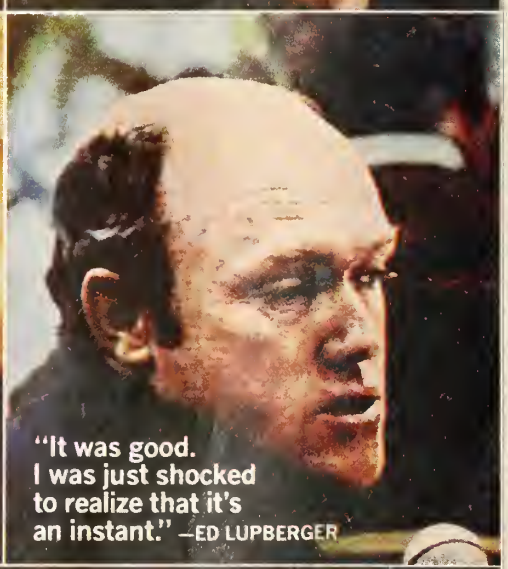
Continued on page 188

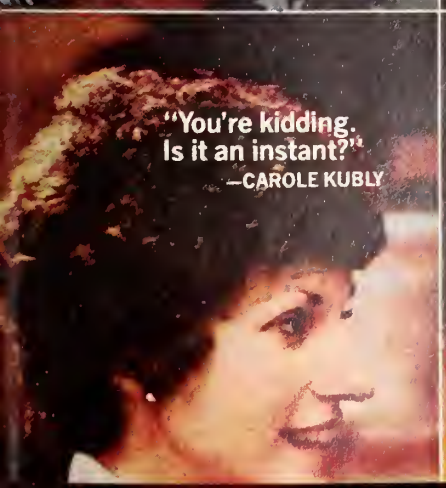
The instant soup skeptics are starting to believe.

They thought the church supper soup was homemade. But it was Nestlé Souptime.®









continued from page 186

METHOD

☐ Place all the ingredients in a 1-quart heavy saucepan. Stir over moderate heat until the butter is melted. Reduce heat slightly and continue to stir and scrape the bottom and sides of the pan with a rubber spatula until the sugar is melted—about 5 minutes.

☐ Serve immediately or reheat slowly. Makes 1 cup of sauce. It may be served hot or warm, but at room temperature or chilled it will be too thick. It may be refrigerated for a week or 2 before using and reheated slowly in the top of a double boiler.

French chocolate mint truffles

INGREDIENTS

8 ounces semisweet chocolate, preferably Barton's bittersweet
2 ounces (½ stick) sweet butter, cut into small bits
2 egg yolks
About ¼ teaspoon peppermint extract
Unsweetened cocoa powder (preferably Dutch process)

METHOD

☐ Break 6 ounces chocolate into medium-sized pieces. Place in top of small double boiler over hot water on low heat. Cover, let stand until partially melted. Uncover and stir until completely melted.

☐ Remove mixture from heat and add butter, a few pieces at a time, and whisk until smooth after each addition.

☐ Stir a bit of the chocolate into the yolks in a small bowl and then stir the yolks into the chocolate.

☐ Replace over heat and stir gently with a rubber spatula for about 2 minutes. Remove from heat. Stir in peppermint a few drops at a time to taste. Add slowly and taste carefully. I make it strong.

☐ Place the top of the double boiler in a bowl of ice and water. Stir constantly with a small wooden spatula until the mixture is firm enough to hold a definite shape.

☐ Place slightly rounded teaspoonfuls of the mixture on wax paper forming 20 mounds. If the mixture is firm enough, truffles may be rolled into shape immediately; if too soft, let stand uncovered at room temperature for about half an hour or until firm enough to handle.

☐ Strain a generous amount of unsweetened cocoa onto wax paper and coat your palms well. Pick up a chocolate mound, roll it between your hands to form an uneven ball (real truffles are very uneven), then roll it in the cocoa, and place on another piece of wax paper. Continue to shape truffles, coating hands with cocoa before each.

☐ Let the truffles stand overnight at room temperature, uncovered or loosely covered, to dry out a bit on the outside.

☐ Grind remaining chocolate to fine powder. Spread out on wax paper and roll the truffles around in it to coat.

☐ These are best when very fresh and creamy soft in the center. They may be kept at room temperature for a day or two; they should be refrigerated or frozen for longer storage but bring them back to *room temperature* before serving. Makes 20 truffles.

Chocolate tea bread

INGREDIENTS

Bread crumbs
1¾ cups all-purpose flour, sifted
1 teaspoon baking soda
½ teaspoon salt
2 ounces (½ stick) butter
½ teaspoon vanilla
⅔ cup granulated sugar
1 egg
1 teaspoon powdered instant espresso (or any powdered instant coffee)
⅓ cup unsweetened powdered cocoa (preferably Dutch process)
1 cup buttermilk
5 ounces (1 cup) raisins (dates or dried prunes, cut up, may be substituted for the raisins, or for part of them)
4 ounces (generous 1 cup) walnuts, cut or broken into coarse pieces

METHOD

☐ Butter a 9-by-5-by-3-inch loaf pan and dust lightly with fine dry bread crumbs; set aside. Sift together the flour, baking soda, and salt into a bowl and set aside.

☐ Cream the butter in a large bowl. Add the vanilla and sugar and beat until well mixed. Add the egg and beat to mix. Mix in the espresso and the cocoa on low speed. Alternately add the sifted dry ingredients, in 3 additions, with the buttermilk in 2 additions. Scrape the bowl with a rubber spatula and beat only until mixed after each addition. Stir in the raisins and nuts.

☐ Turn the mixture into the prepared pan and smooth the top. Bake in a preheated 350° oven for 1 hour and 15 minutes or until a cake tester inserted in the center comes out clean and dry. The top of the loaf will have a crack; it is supposed to.

☐ Cool the bread in the pan for about 10 minutes. Then cover it with a rack and invert the rack and the pan. Remove the pan and gently turn the bread right side up to cool on the rack. Refrigerate the loaf before slicing or it may crumble.

Frozen chocolate cream with mocha cream

INGREDIENTS FOR FROZEN CHOCOLATE CREAM

8 ounces semisweet chocolate (Maillard's Eagle Sweet)
4 ounces (1 stick) sweet butter
½ teaspoon vanilla extract
½ cup granulated sugar
4 extra-large eggs, separated
Pinch salt
Whipped cream (optional)
Brandied cherries (optional)

INGREDIENTS FOR MOCHA CREAM

1 cup heavy cream
¼ cup confectioners sugar
1 tablespoon instant coffee
½ teaspoon vanilla

METHOD FOR FROZEN CHOCOLATE CREAM

☐ Fit an 8-by-4-by-2½-inch loaf pan with 2 strips of aluminum foil, one for the length, one for the width, each long enough to extend a bit over the edges. Brush with a thin layer of salad oil and set aside.

☐ Break up the chocolate and place in the top of a small double boiler over hot water on moderate heat. Cover and let stand for a few minutes until the chocolate is partially melted. Remove cover and stir the chocolate with a rubber spatula until completely melted and smooth. Remove from the hot water and set aside to cool.

☐ Cream the butter in a medium-sized bowl. Add vanilla. Reserve 2 tablespoons sugar and add remainder to butter. Beat well for several minutes.

☐ Add the egg yolks one at a time, scraping the bowl with a rubber spatula and beating well after each addition. After adding last yolk, beat for 4-5 minutes until the mixture is very creamy. Add cooled chocolate, beat only until blended.

☐ Beat the egg whites in a bowl with the salt until they increase in volume and barely hold a soft shape. Add the reserved 2 tablespoons of sugar and continue to beat only until the whites hold a point when the beaters are raised.

☐ In several additions, small at first, fold the whites into the chocolate mixture. Turn the dessert into the prepared mold. Smooth the top and cover with wax paper or plastic wrap. Fold down the foil.

☐ Freeze for 5-6 hours, or it can stay in the freezer for several days.

☐ Unmold by inverting pan onto a chilled platter; use foil to help free the dessert. Remove pan and peel off foil. Return to freezer; cover with plastic wrap if not serving within 1 hour.

☐ Decorate with piped whipped cream, or pass the Mocha Cream and/or brandied cherries or other brandied fruit.

☐ Serve on chilled dessert plates, cutting through as you would slice a cake. Serves 6-8.

METHOD FOR MOCHA CREAM

☐ Place all ingredients in a small chilled bowl. Whip with chilled beaters only until the cream holds a soft shape—think "sauce" instead of "whipped cream." If the cream has been prepared ahead of time it may separate slightly—if so, whip it briefly with a small wire whisk.

☐ *Note:* Frozen chocolate cream may also be prepared in an ice-cube tray or any covered container and then spooned out for serving.

Continued on page 190

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continued from page 188

Ralph's cookies

INGREDIENTS FOR BOTTOM LAYER

1 ounce (1 square) semisweet chocolate
1¼ cups all-purpose flour, sifted
1 teaspoon double-acting baking powder
Pinch salt
1 teaspoon granulated sugar
¼ pound (1 stick) sweet butter
1 egg yolk
2 tablespoons prepared coffee, cooled
12 ounces (2 cups) semisweet chocolate morsels

INGREDIENTS FOR TOP LAYER

3 ounces (¾ stick) sweet butter
2 teaspoons vanilla extract
¾ cup granulated sugar
2 extra-large eggs
8 ounces (2 generous cups) walnuts, cut into medium-sized pieces

METHOD FOR BOTTOM LAYER

☐ Butter a 10½-by-15½-by-1-inch jelly-roll pan and set aside.

☐ Place the chocolate in the top of a small double boiler over hot water on moderate heat and let stand, covered, until melted. (Or chocolate may be melted in a heat proof custard cup set into a pan of shallow hot water over low heat.) Stir until smooth and set aside to cool.

☐ Sift together the flour, baking powder, salt, and sugar into a medium-sized mixing bowl. Cut the butter into small pieces and add to the bowl. With a pastry blender cut in the butter until the particles are fine. Add the egg yolk, coffee, and melted chocolate. Stir with a fork until the ingredients are well mixed and the dough holds together. Dough can also be made in a food processor. If it is not smooth, knead it briefly on a board or smooth work surface.

☐ Form the dough into a large flat rectangle with your hands and place it in the prepared pan. Press on the dough with your fingertips, working from the center out, to spread it to completely cover the bottom of the pan—it will be a thin layer.

☐ Bake in a preheated 350° oven 10 minutes. Meanwhile, prepare the top layer.

☐ Remove the bottom layer from the oven after it has baked for 10 minutes. Sprinkle with the chocolate morsels and return to the oven for 2 minutes. Remove from the oven again and immediately, while the chocolate is soft, use a rubber spatula to spread the chocolate into an even layer all the way to the sides of the pan. Let stand for 2-3 minutes for the chocolate to set slightly.

METHOD FOR TOP LAYER

☐ Cream the butter in a small bowl. Add the vanilla and sugar and beat to mix. Add the eggs one at a time, scraping the bowl with a rubber spatula and beating after each addition only until mixed. The mixture will look curdled. Stir in the walnuts and set the mixture aside.

☐ Place the top layer, by large spoonfuls, all over the chocolate and spread it to make an even layer touching the sides of the pan. Return the pan to the oven and bake for 30 minutes until the top is a rich golden brown. Let cool on a rack until the bottom of the pan has reached room temperature.

☐ Cut into 16 even pieces. Cut around the edges to release. Transfer pieces with a wide metal spatula to a cutting board. Cut each into 2, 3, or 4 pieces with a longer knife (wiping the blade occasionally).

☐ These are too fragile for a cookie jar. Store in an airtight box or a tray and cover with plastic wrap. They may be frozen. Makes 32, 48, or 64 bars.

Raisin-date-nut bars with chocolate chunks

INGREDIENTS

8 ounces semisweet chocolate (this could be made with semisweet morsels, but I prefer the chunkiness obtained with bar chocolate
Confectioners sugar
1½ cups all-purpose flour, sifted
1½ teaspoons baking soda
¼ teaspoon salt
3 extra-large eggs
1 teaspoon vanilla
1 cup granulated sugar
5 ounces (1 cup) raisins
16 ounces (2 cups, packed) pitted dates, cut into halves
8 ounces (2 generous cups) walnut and/or pecan halves or large pieces

METHOD

☐ Cut chocolate into irregularly shaped pieces, about ½-inch square. If you want to use more chocolate than the recipe calls for, do.

☐ Line the bottom and sides of a 10½-by-15½-by-1-inch jelly-roll pan with one large piece of aluminum foil. Brush the foil with butter and set pan aside.

☐ Sift together the flour, baking soda, and salt in a bowl and set aside. Beat the eggs, vanilla, and sugar *only* to mix in a large bowl. Add the sifted dry ingredients and beat on lowest speed only to mix.

☐ Stir in the raisins, then the dates, nuts, and chocolate with a heavy spatula. The mixture will be very thick and it will look like there isn't enough batter to cover the fruit, nuts, and chocolate. Just keep at it—there is enough, but barely.

☐ Spoon the mixture all over the prepared pan. Spread, push, and move the pieces around with the wooden spatula to form an even layer completely covering the pan—again, just barely. Be sure that the corners are filled and that the mixture is not lower in the corners.

☐ Bake in a preheated 325° oven 30-35 minutes. Check the color of the cake after about 20-25 minutes of baking; if the back is browning faster than the front, reverse the pan front to back. When the top is well browned all over, remove the pan from the oven. Let the cake stand in the pan on a rack until it is cool.

☐ Invert onto a rack; remove pan and peel off foil. Invert onto cookie sheet to cool right side up.

☐ Place in the freezer or the refrigerator until the chocolate is firm. Cut the cake into small bars with a long thin sharp knife.

☐ Pack in an airtight box with wax paper between the layers. They may be frozen. Before serving, lay a very narrow strip of wax paper in the center of the bars and sieve the sugar over the cookies. Makes 32 large or 64 small bars.

Chocolate-chocolate-chocolate cookies

INGREDIENTS

2 tablespoons all-purpose flour, sifted
⅛ teaspoon double-acting baking powder
Pinch salt
1 ounce (1 square) unsweetened chocolate
3 ounces (3 squares) semisweet chocolate
1 tablespoon butter
⅓ cup light brown sugar, packed
½ teaspoon vanilla
1 tablespoon water
1 extra large egg
4½ ounces (¾ cup) semisweet chocolate morsels
20 pecan or walnut halves, or whole unsalted cashew nuts

METHOD

☐ Line two 12-by-15½-inch cookie sheets with aluminum foil and set aside.

☐ Sift together the flour, baking powder, and salt into a bowl and set aside.

☐ Place the unsweetened chocolate, semisweet chocolate, and butter in the top of a large double boiler over hot water on moderate heat. Cover for a few minutes until chocolate is partially melted, then stir until completely melted and smooth. Remove from the hot water and let stand for 2-3 minutes to cool slightly.

☐ Add sugar, vanilla, water, the egg and stir until smooth. Add sifted dry ingredients, stir only until incorporated. Mix in chocolate morsels. If necessary, chill batter until firm enough to drop.

☐ Use 1 rounded teaspoonful of dough for each cookie. Use another teaspoon to push the dough off. Shape the cookies into mounds about 1½ inches apart on the aluminum foil. Top each cookie with a nut and press down gently.

☐ Bake in a preheated 350° oven for 12-13 minutes, reversing sheets top to bottom and front to back once during baking to ensure even baking. After 12-13 minutes the cookies will still feel soft—they should just barely spring back when pressed lightly. Do not overbake—these should be moist and chewy, and they will harden somewhat as they cool.

☐ Immediately slide the foil off the sheets, but let the cookies stand on the foil for 2-3 minutes. Transfer them to racks to finish cooling. Store airtight. Cookies may be frozen. Makes 20 cookies.

☐ *Note:* I have recently discovered Wilbur's Buds, wonderful old-time chocolate morsels about ½-inch in diameter that

Continued on page 192

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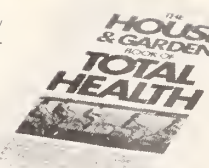

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Chocolate power
continued from page 190

have not been available for many years. They are now being made again and may be found at some fine food stores or candy shops. Or they may be ordered by mail from Wilbur Chocolate Co., Box 307, Lititz, Pa. 17543. They come in three flavors—use the "dark sweet." These might melt and might not hold their shape like other morsels, but they taste so good that I don't care what they do. (Wilbur also makes wonderful unsweetened chocolate and Dutch process cocoa.)

Whole-wheat brownies

INGREDIENTS

2 ounces (2 squares) unsweetened chocolate
4 ounces (1 stick) sweet butter
Scant ½ teaspoon salt
½ teaspoon vanilla
Scant ¼ teaspoon almond extract
1 cup light or dark brown sugar, packed
2 extra-large eggs
½ cup plus 2 tablespoons all-purpose whole wheat flour, strained (shake through a fine strainer. Any pieces that are too coarse to go through the strainer should be stirred back into the strained flour)
4 ounces (generous 1 cup) walnuts, cut or broken into medium-sized pieces
½ cup raisins

METHOD

☐ Line bottom and sides of an 8-inch-square pan with a single piece of foil, being careful not to tear it. Brush all over with soft butter; set pan aside.

☐ Melt the chocolate in the top of a small double boiler over hot water on moderate heat; remove from heat; leave to cool.

☐ Cream the butter in a small bowl. Add the salt and vanilla and almond extracts. Add the sugar and beat until well mixed. Add the eggs one at a time, scraping the bowl with a rubber spatula and beating until smooth after each addition. Add the chocolate and beat until smooth. Add the flour and beat on low speed, continuing to scrape the bowl with the spatula, beating only until incorporated. Stir in the walnuts and raisins.

☐ Turn the mixture into the prepared pan and spread it to make an even layer. Bake in a preheated 350° oven for about 35 minutes or until a toothpick gently inserted in the center of the cake comes out barely clean and dry—there may be a few specks of chocolate clinging to the toothpick, but it should be dry. Do not overbake.

☐ Remove pan from the oven and let stand until it reaches room temperature (this might take about an hour). Cover pan with a rack and invert pan and rack. Remove the pan and the aluminum foil. Cover with another rack and invert again, leaving the cake right side up.

☐ It will be easier to cut neat squares if you freeze the cake until firm. Transfer cake to a cutting board and cut into 16 squares. They may be frozen and may be served either at room temperature or straight from the freezer. ■

Meal in minutes
continued from page 166

Orange sundaes

INGREDIENTS

2 6-ounce cans frozen orange juice concentrate
2 11-ounce cans mandarin oranges, drained
2 quarts orange sherbet
Cointreau

METHOD

☐ Partially thaw the concentrate. Chop oranges coarsely and mix with concentrate. Spoon over individual portions of the sherbet. Dribble some Cointreau on top of each sundae. Serves 8. ■

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"Water Flower" cotton and polyester sheets: Queen size, about $14.50. Queen/king comforter, about $75. Ruffled standard pillowcases, about $7 a pr. Ruffled shams, about $8 ea. By Jay Yang for Wamsutta. At Bullock's, L.A. 90014; Macy's, NYC 10001 (Herald Square only); Marshall Field, Chicago 60690.

"Beacon Hill" cotton and polyester Supercale Plus sheets: Scalloped lace trim. Queen size, about $24. Scalloped lace trim pillowcases, about $16 a pr. By Wamsutta. At Bloomingdale's, NYC 10022; Bullock's, L.A. 90014.

"Green Number One" acrylic on canvas: 3'1" x 4'1". By David Salomon, 1977. $1,500 framed. At Bette L. Stoler Gallery, NYC 10021.

Rattan tables with detachable trays: 25½" x 22" x 23" h. $175 ea. **Botanical buffet plates** (on mantel): 10½" d. $12.50 ea. By Haldon. All at Lord & Taylor, NYC 10018.

Adjustable white floor lamps: $237.50 ea. White or brass, with dimmer. By Boyd. From LCS/Green Metals*, NYC 10022.

Cane-framed mirror: 42" d. $525. From Bielecky Bros.*, NYC 10021.

On tray table, left: Japanese red-lacquered bamboo box lined with rice paper: 13½" x 10½" x 3½" h. $48. **Handmade pottery vase:** 7" h. x 6" d., $52. Both at Diane Love, NYC 10021.

On tray table, right: Pink ceramic tray: 10½" x 7". c. 1920. $42. At Diane Love, NYC 10021. **Chinese-style composition cat headrest:** 14" long. From John Rosselli Antiques*, NYC 10021.

"Wessex Wayside" handmade wool rug: 6' x 9', $1,051. From Rosecore Carpet*, NYC 10022.

Basket: 14" d. x 12" h., $25. Unpeeled willow rustic reed. At Gordon Foster Antiques, NYC 10021.

Touch-Tone telephone: By A.T.&T. Co. **Slipper chair and plate on tray table:** From William Hodgins, Inc., Boston 02116.

Upholstery and curtains: By Delta Upholsterers*, NYC 10017.

"Classic 99" Absinthe Green interior latex wallpaint. By Sherwin-Williams.

SMALL-SPACE LIVING

Pages 130-131, large photo

"Roll-Back" modular furniture: Armless, 28" x 32" x 29" h., $119. Corner: 32" x 32" x 29" h., $152. Ottoman: 28" sq. x 17" h., $99. Available in cotton rib (shown, winter version); quilted denim, duck, or twill; ribbed corduroy; natural Haitian cotton; quilted Bloomcraft Supersheen; or polyester tweed. (Not all coverings at all stores.) From the Tiffany Line designed by Robert Tiffany for The Sherwood Corporation. At Bloomingdale's, NYC 10022; Burdines, Miami 33101; Gabberts, Dallas 75240; Room and Board, Minneapolis 55435 and Denver 80215. Slipcover patterns available at many of these stores, or $10 ppd. from The Sherwood Corp., Spring City, Tenn. 37381.

Slipcovers: Made from "Classic Chromatics" Vibrant Green cotton and polyester sheets. Full size, $9.50. By Fieldcrest.

Brass swing-arm wall lamp: Extends 26". $75. By Koch + Lowy.

Acrylic glass-topped cocktail table: 39" sq. x 16" h. $965. Custom made. From the Signature Collection. From Jeffrey Bigelow Design Group*, Washington, D.C. 20007.

Pillow fabric: "Plain Chintz" glazed cotton: 48" wide. $5 a yd. By Bloomcraft.

On cocktail table: Gray octagonal bowl: 9¼" d. $19. By Fitz & Floyd. At Bloomingdale's, Kensington, Md. 20795. Dark green lacquered tray: $20. Bubble wineglasses: $2 ea. **On skirted table:** Lacquered oxblood tray: $20. All at Woodward/Lothrop, Washington, DC 20013.

Page 131, inset

"Star" glass-topped acrylic cocktail table: 26" x 48" x 16" h. 4-part modular base. $1,100. Custom made. From the Boutique Collection. From Jeffrey Bigelow Design Group*, Washington, DC 20007.

Wool durrie rug: 8'3" x 11'6", $1,395. At Bloomingdale's, NYC 10022.

Floor lamps: Foreground: "Parthenon": 46" h. x 8" base. $127. Center: "Rekta": 35" - 46" h. $129. Both, polished chrome or brass. By Koch + Lowy.

On skirted table: Gray vase, $15. Lacquered

baskets, $20 ea. **On mantels:** Celadon vases: $11 - $13. All at Woodward/Lothrop, Washington, DC 20013.

Page 132, top

Folding metal music stands: $12.75 ea. **Cello case:** $400. Both at The Violin House of Weaver, Washington, DC 20004.

Rattan cushions: $20 ea. At Woodward/Lothrop, Washington, DC 20013.

Center

On cocktail table: Fossil stone ashtray, $15. Dark green lacquered tray, $20. Both at Woodward/Lothrop, Washington, DC 20013.

Page 133, dining room

"Botanic Garden" oven-to-tableware: 5-pc. place setting, $30. By Kosta Boda. **Tessalarte Italian linen napkins:** 17" sq. $2.50 ea. Both at Bloomingdale's, NYC 10022.

Fabric on table, pillows, and banquette (banquette modules are the same as living room furniture, below): "Yorkshire" cotton and polyester sheets: Full size, about $11. By Geoffrey Beene for Fieldcrest.

"Memoirs" wall-to-wall nylon carpeting: 12' widths. Holiday Green color. $21 a sq. yd. By Cabin Crafts Carpets.

Red lacquer armchairs: White seat cushions. $164.99 ea. **White planter** (on table): $40. All at Woodward/Lothrop, Washington, DC 20013.

Page 133, bedroom

"Tiffany II" modular furniture: Armless: 26" x 32" x 29" h. $98. Corner: 32" x 32" x 29" h. $136. Ottoman: 26" x 20" x 17" h. $70. Available in quilted Bloomcraft Supersheen (shown, winter version); cotton rib; quilted denim, duck, or twill; corduroy; natural Haitian cotton; or polyester tweed. (Not all coverings at all stores.) From the Tiffany Line designed by Robert Tiffany for The Sherwood Corporation. At Conran's, NYC 10022; Gabberts, Dallas 75240; Room and Board, Minneapolis, 55435 and Denver 80215; The Bon Marché, Seattle 98111. Slipcover patterns available at many of these stores, or $10 ppd. from The Sherwood Corp., Spring City, Tenn. 37381.

Turkish wool kilim rug: 8' x 4'9". One of a kind. $999. At Bloomingdale's, NYC 10022.

"Irish Chain" quilt: 80" sq. c. 1930. $145. At The Canal Co. of Georgetown, Washington, DC 20007.

"Rekta" floor lamp: 35" - 46" h. Polished chrome or brass. $129. By Koch + Lowy.

Summer slipcovers: "Temple Stripe" cotton and polyester sheets: Full size, about $10. Pillowcases, about $7 a pr. By Fieldcrest.

ELECTRONICS

Page 146

In Patino/Wolf room: Syberian lily from Perriwater Ltd., NYC 10022.

In Charles Burke disco room: Mylar-quilted wall fabric from & Vice Versa*, NYC 10022.

Page 147, top to bottom

TV Sound Tuner: 17" x 14" x 4" h. Connects to amp. Receives all VHF and UHF audio signals, converts them to FM, sends them through your hi-fi amp and speakers. LED channel indicators. Soft-Touch buttons. $250. By U.S. Pioneer Electronics.

Widescreen 1000 Home Television Theatre: 70" x 25" x 50" h. 1,003 square inches of viewing area. No separate projector. Dual speaker sound system. Remote control. $2,800. **Optional videocassette recorder:** 19" x 15" x 7" h. Records television while you're away or plays back prerecorded videocassettes for up to 4 hours. Built-in digital clock/timer. Remote pause control. $1,000. Both by General Electric.

"Jet-Set II" 9" diagonal black and white television: Uses AC household current, DC car or boat cigarette lighter, or optional 4-hr. rechargeable battery pack. Ebony, white, or poppy red. $129.95. Battery pack, $49.95. By Zenith.

AM/FM 5-band worldwide shortwave radio: Digital frequency display. 4" speaker. Earphone jack. Batteries and AC power cord included. $249.95. By Panasonic.

"The Donley" 19" diagonal color television: Electronic tuning. Pushbutton channel selection. Built-in cable TV and antenna connections. $469.95. By RCA.

"Vidstar" videocassette recorder: 18" x 12" x 6" h. Stop action, slow motion, and fast action playback models. Connects to television. Videocassettes have a 2-hr. record/play capacity. Remote control attachments can operate record and playback functions. $1,335. **Portable Vidstar camera:** Zoom lens. Playback picture monitoring. $1,475. Both by U.S. JVC corp.

WALK-IN WATERCOLORS

Pages 154-155

"Coptic Columns" vinyl wallcovering: 27" trimmed width. 18" repeat. 5-yd. roll, $15.95. **"Persian Feathers" cotton** (on beds): 54" wide. 18" repeat. $15.95 a yd. From "Mary McFadden's Vision" collection for Raintree Designs. At Bloomingdale's, NYC 10022; Joske's, Houston 77207; Maas Brothers, Florida; Woodward/Lothrop, Washington, DC 20013.

Pillow fabric: White cotton and linen: 54" wide. About $16.50 a yd. From Kirk-Brummel*, NYC 10022.

Chinese lacquered altar table: 52" x 16" x 32¾" h. Polychrome floral decoration. Scrapwork frieze. c. 1820. $3,650. **Light bamboo Chinese chairs:** 20¼" x 17" x 35½" h. c. 1790-1820. Raw silk celadon seat pads. $3,950 a pair. **Chinese 12-panel screen:** 120" x 66¼" h. c. 1820. $7,600. All at The Incurable Collector, NYC 10022.

Chinese porcelain jardinieres: 12" d. x 9½" h. Saucer bases. At Provence Antiques, NYC 10021.

Antique French needlepoint rug: 12' x 7'3". $5,800. From Stark Carpet*, NYC 10022.

Custom lacquered queen-size bed: From Harrison Cultra, NYC 10016.

Faux-tile floor design: By Luis Molina, 421 E. 73rd St., NYC 10021.

Adjustable brass-finish tent shade floor lamp: 35" - 61" h. $165. By Chapman Lamps.

Paint on shutters: Burnished Brass low luster latex paint. By Martin Senour.

PULL-APART FURNITURE

Pages 156-157

Small photos, from top left

Sectionals: Chaise: 36" x 78" x 25" h. $1,375. Armless: 32" x 35" x 25" h. $682. Loose seat cushions. Pillow backs. Plaid cotton/rayon fabric 1795-35. By Heritage.

Upholstered hexagonal sectionals: Ottoman: 34" sq. x 18" h. $220. Corner: 40" x 35½" x 31" h. $365. Armless: 34" x 40" x 31" h. $339. Loose back cushions. Fabric 439-38K. By Founders.

Upholstered sectionals: Ottoman: 34" sq. x 17" h. $288. Armless: 34" sq. x 29½" h. $451. Corner, right-arm, or left-arm unit: 34" sq. x 29½" h. $517 each, with back and side pillows. By Flair, div. Bernhardt Industries.

"La Scala" modular seating: Corner: 38" sq. x 29" h. $365. Armless: 33" x 38" x 29" h. $275. Ottoman: 33" sq. x 17" h. $165. Left-arm unit: 39" x 38" x 29" h. $365. Attached driftwood canvas duck pads. By Selig.

Plinth-based sectionals: Sofa: 89" x 35" x 29" h. $1,080. Left or right arm chaise: 74" x 35" x 29" h. $900 ea. Armless: 32" x 35" x 29" h. $500. Corner, left-arm, or right-arm unit: 35" sq. x 29" h. $610 ea. Attached seat cushions. Loose-back cushions. Roll bolsters on chaise, corner, left-arm or right-arm unit. All prices COM. By Baker. **Fabric:** "Hardrock" cotton: 48" wide. 30" repeat. Paprika color. $24.75 a yd. By Cindi Mufson. From Kirk-Brummel*, NYC 10022.

Sectionals: Ottoman: 35½" sq. x 14½" h. $207. Left or right corner: 35½" sq. x 29½" h. $404 ea. Armless: 35½" sq. x 29½" h. $325. Taupe canvas-covered cushions. By Directional. At Design Plus, Scarsdale, N.Y. 10583.

"The Washables" modular seating: Corner: 30" sq. x 30" h. $240. Armless: 25" x 30" x 30" h. $195. Ottoman: 25" x 30" x 17" h. $160. Cotton slipcovers D4293 secured with Velcro tabs. By Tech Furniture. At Upstairs Downstairs, Westport 06880; or from C.J. Welch*, L.A. 90048 and San Francisco 94103.

Upholstered large-scale sectionals: Armless: 32" x 33½" x 30" h. $283. Corner: 33½" sq. x 30" h. $354. Quarter-round ottoman: 32" sq. x 17" h. $267. Loose seat and back cushions. Fabric G3809. By Thayer Coggin.

Large photos, center, from top

"Rotolo" upholstered seating: Armless: 30" x 39" x 29" h. $199. Corner: 39" sq. x 29" h. $199. Ottoman: 29" sq. x 17" h. $100. Cotton duck fabric 26601-12. By Angelo Donghia for Kroehler. At W & J Sloane, NYC 10018.

Center: Sectionals by Directional (see above).

Large-scale sectionals on black-painted wood bases: Armless: 41" sq. x 34" h. With kidney pillow, 30" pillow, 20" pillow w/handkerchief fold. $825. Left or right corner: 41" sq. x 34" h. Each, w/two kidney pillows, two 30" pillows, and 20" pillow. $1,045. Ottoman: 41" x 27½" x 17½" h. $385. Ottoman: 41" sq. x 17½" h. $440. By Flair, div. Bernhardt Industries. **Fabric:** "Skylight." On pillows, "Roma." Both from Jack Lenor Larsen*, NYC 10022.

Bottom row, from left

"Box" knock-down seating: Corner: 30" sq. x 32" h. Armless: 29" x 30" x 32" h. Ottoman: 29" sq. x 24" h. Loose cushions. Fabric-covered wood base. Fabric: #10 Windowpane, $99.99 ea. By Furniture To Go. At Woodward/Lothrop, Washington, DC 20013.

Rattan sectionals: Right-or-left-arm units: 32" sq. x 29½" h. $515. Armless: 29" x 32" x 29½" h. $415. Corner: 32" sq. x 29½" h. $490. Armless love seat: 58" x 32" x 29½" h. $650. Ottoman: 29" sq. x 16½" h. $235. Loose one-piece cushions. Haitian cotton 433-23K. By Founders.

"Cloud Ten" knock-down modulars: Armless: 30" x 31" x 25" h. $120. Corner: 30" x 31" x 25" h. $140. Ottoman: 30" sq. x 15" h. $95. Corded cotton velvet upholstery. Biscuit-tufted attached seat. By Decorion, div. Stratford.

Sectionals: Armless: 30½" x 35" x 37½" h. $497. Left or right corner: 35" sq. x 37½" h. $649. Ottoman: 32" sq. x 18" h. $271. Loose cushions. Pale or dark rattan backs and feet. By Flair, div. of Bernhardt Industries. **Fabric:** Seats: "Tulipmania." Cushions: "May Day." Both by Jack Lenor Larsen*, NYC 10022.

Continued on page 195

Metropolitan Museum of Art, New York

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HOUSE & GARDEN

Shopping *continued from page 193*

LIVING WITH LIGHT

Pages 162-163, living room

Modular furniture: Corner: 36″ sq. x 30″ h. $952. Armless: 36″ sq. x 30″ h. $753. Ottoman: 36″ sq. x 17″ h. $484. Four-piece cocktail table: 42″ sq. x 16″ h. Bird's-eye maple with sand finish. Casters. One interior shelf. $1,289. All, designed by Brian Palmer. From the Modern Collection. By Baker. **Cotton durrie rug:** 8'9″ x 6'2″. $1,950. By Stark Carpet. All of the above, and accessories, at Woodward/Lothrop, Washington, DC 20013.

"Seesaw" acrylic on canvas: 60″ x 65″. $1,200. By Ann Purcell, 1977. At Pyramid Galleries, Washington, DC 20037.

Painting above mantel: "Jonquil" acrylic on canvas: 45″ sq. $300. By Charlene Wang, 1977. At Greater Reston Arts Center, Reston, Va. 22090.

Page 162, den

Wicker-framed sleep sofa: "Shan Earth" Haitian cotton upholstery. $1,196. **Wicker-framed armchairs:** $530 ea. Both from the Singapore Collection by Comfort Designs. **Smoked glass-topped cocktail table:** Split wood frame. $495. From the Capella Collection by Design Institute America. All at Woodward/Lothrop, Washington, DC 20013.

"18 February 78" acrylic on canvas: 60″ sq. $1,600. By Anne Truitt, 1978. At Pyramid Galleries, Washington, DC 20037.

Page 164, dining room

"Scorpio Radius" dining table: 72″ sq. x 29″ h. Custom made. Sand laminate finish. $1,250. By Barry Woodard. **Upholstered side chair:** 20½″ x 23″ x 37″ h. $344. From the Modern Collection by Baker. **"Persian Red" bone china:** 5-pc. place setting, $49.95. By Mikasa. **"Hammer" stainless steel flatware:** 5-pc. place setting, $17.50. By Supreme Cutlery. All at Woodward/Lothrop, Washington, DC 20013.

Page 164, master bedroom

"Gran Turismo" white laminate platform bed: Queen size, $395. **Night stands,** $180 ea. Chrome hardware. By Lane. **"Classic Chromatics" cotton and polyester sheets:** Queen size, $14 ea. Pillowcases, $6.50 a pr. Vibrant Green. By Fieldcrest. All at Woodward/Lothrop, Washington DC 20013.

Quilt on bed: "Sunshine and Shadow": 78″ sq. American, c. 1920. $1,000. **On chaise:** "Diamond in the Square": 80″ x 82″. American, c. 1895. $1,400. Both at America Hurrah Antiques, NYC 10021.

"Vertical #7" acrylic on canvas: 78″ x 60″. $1,200. By Natalie Alper, 1977. At Pyramid Galleries, Washington, DC 20037.

CHOCOLATE POWER

Page 173

First column, third row: "Linda" crystal dessert plate: 7¾″ d., $18. **Platter:** 12″ d., $38.50. Both by Kosta Boda.

First column, bottom: "Oxford" plate: 8½″ d. $55. By Lalique Cristal. At Cardel, NYC 10022; Geary's Beverly Hills 90210; N. Theobald, Indianapolis 46240.

Third column, third row

"Linda" crystal dessert plate (see first column, above). **Pink polyester napkin:** 17″ sq. $2. By Vera.

CORRECTION

On page 143 of the July, 1978 issue, an incorrect address was given for A & R Construction, builders of the Ladd pool. The correct address is as follows: A & R Construction, 2370 Foxhills Drive, Los Angeles, Calif. 90064.

BUILDING DATA

Materials and equipment used in the house designed to catch the sun on pages 160-165

ARCHITECT: Hugh Newell Jacobsen
INTERIOR DESIGNER: Claus Mahnken of Woodward/Lothrop
CONTRACTOR: Felix Construction Corp.
SIZE OF HOUSE: 3,400 square feet of enclosed space
SIZE OF LOT: ⅓ of an acre
LOCATION: Reston, Va. House sponsored by Gulf Reston, Inc. and The American Wood Council

STRUCTURE

Foundation: "All-Weather Wood" foundation in 3-foot-deep crawl space. Walls of pressure-treated studs and plywood with 6-inch-thick fiberglass batt insulation; pressure treated wood plates on gravel base.
Framing: Standard wood frame construction of walls, floors, ceilings, and roof.

EXTERIOR OF HOUSE

Exterior walls: 'Duraply', rough-sawn, vertically scored plywood siding panels by Champion Building Products.
Exterior paint: Ice white latex paint by McCormick Paint Works Co.
Roof: Cedar wood shakes by Western Cedar Roofing.
Insulation: 'Cellin Craft' loose fill cellulose by Cellin Mfg., Inc.
Windows: Inoperable plastic forms of Plexiglas by Rohm & Haas Co.
Skylights: Plastic, by Naturalite, Inc.

INTERIOR OF HOUSE

Interior walls and ceilings: 'Sheetrock' gypsum board by U. S. Gypsum Co.
Doors: 'Pella' wood frame sliding glass doors by Rolscreen Co. with insulating glass. Other doors, custom design, Columbia Door Co.
Interior paint: 'Tempo' white latex paint by McCormick Paint Works Co.
Floors: Bleached oak strip flooring by P. W. Plumly Lumber Co.
Lighting fixtures: Lightolier, Inc. Dimmer controls by Lutron Electronics Co., Inc.
Fireplace: Prefabricated 42-inch-wide heat circulating unit by Woodside Co.
Hardware: Weiser Co., Div., Norris Industries; Russwin; Stanley Works Div., The Stanley Works.
Intercom: "Star System 9000" by Rittenhouse.
Kitchen, bathroom, and other cabinets: Custom-designed, faced in suede Formica, made by Burger's Cabinet Shop.
Kitchen countertops: Wood, butcher block, and stainless steel.
Bathroom counters: White Corian by DuPont.
Plumbing fixtures: American-Standard, Inc.

MECHANICAL EQUIPMENT AND APPLIANCES

Appliances: Wall ovens and dishwasher by Thermador/Waste King Div., Norris Industries; counter cooktop by Jenn-Air Corp.; refrigerator by Amana Refrigeration, Inc.; food waste disposer by In-Sink-Erator Mfg. Co.; in laundry, washer and dryer by General Electric Co.
Water heater: 82-gallon tank by Rheem Mfg. Co.
Heating and cooling system: Heat pump by Westinghouse Electric Co. ■

The arts explosion *continued from page 148*

taste? Won't advertising Tut like it's toothpaste cheapen the goods, or make the work of art a consumer product, even though it may well once have been just that? Perhaps culture will be known too well by the company it keeps. Some of the staff at the Los Angeles County Museum referred to Tut as "the garage sale of the gods." It is true that the museum sold tickets (two to a member, preassigned date and hour) at 84 stores in seven counties, like baseball seats. And it was a sellout within days.

What is afoot seems to be this: While museums, like libraries, used to be places dedicated to laissez-faire, letting the curious find intangible values through the objects (paintings, books) collected, now they are evangelical, spreading the word, marketing themselves through posters, reproductions, concert series. The spreading of culture by the means available is perhaps an unintended consequence of a fight for survival. The Metropolitan Museum operates a mail-order business which, along with publications, is successful enough to be "replacing declining income from endowment funds as well as reductions in tax support." Few museums have done as well as the Met, where ten years (1968-1977) has seen these "museum operations" rise from 28 percent to 67 percent of operating income, as tax support has fallen from 48 percent to 13 percent. The Annual Report of that museum is an object lesson in selling what one used to give away, or better yet, selling what others used to market for *their* profit. For instance, ads for jewelry manufactured under museum sponsorship proclaim its uniqueness: "Free, new catalogue of the only authorized reproductions—Treasures of Tutankhamen, by the craftsmen of the Metropolitan Museum, who were sent to Egypt for that specific purpose." So the savviest of arts administrators have found ways to make their holdings pay for themselves, as city, state, and Federal funds have shrunk. If the merchandising sounds familiar, that is because it is, and therein the cultural institutions' salvation and their problems. Candidates sell themselves, and lawyers and dentists now want to place ads, too. A Mozart Festival can declare itself, but a billboard announcing "Irish Art is here" still seems strange. The case is met rather as the King of Saudi Arabia quieted the orthodox who opposed the coming of the telephone by having verses of the Koran read on the wire from Mecca to Medina. It was shown to be a means of spreading the faith.

The definition of "art gallery" is not much more settled than that of "artist." Pick-up trucks in shopping-center parking lots toting oils on velvet call themselves "galleries," as do frame and mattemakers, appraisers, antique dealers,

Continued on next page

The arts explosion
continued from preceding page

poster vendors in college bookstores. The newest wave of "gallery" is the office of a corporate art counselor—those who help companies build collections. There are enough of them that *The New York Times* calls it "a cottage industry" in the tens of millions of dollars. But the galleries that count, overwhelmingly in New York but elsewhere as well, are the sort which join the Arts Dealers' Association of America. 107 purveyors (80 in New York City) of taste, brokers of talent to the public at large. These deal in art of a "serious" nature, and the definition of "serious" depends on what they choose to make it. These are the intermediaries between the culture's perception of what is art and the crucial tastemakers, the museums, critics, and collectors. As such, they make a fair claim to being one of the country's greatest free cultural resources. They stand at the nexus of economies and education where self-improvement, buying for investment, knowing what "quality" is right now—and even the making of history—come together. While there are no hard figures on gallery attendance (and ones on buying are most reluctantly revealed), it is clear that the game here is changing and growing. It matters, for example, to the image as well as the balance sheet of Boston's leading Hareus-Krakow Gallery that they publish a four-page newsletter covering print conservation, new artists, and level-headed advice on the pitfalls of art as investment. And it pleases the Allrich Gallery (in a complex sort of way) that visitors to its San Francisco spaces often take it to be a kind of museum with nothing for sale. Like Jane Ivory of Allrich, John Berggruen also of San Francisco agrees that today's browsers are tomorrow's buyers and are best made welcome. Berggruen feels he is not unusual in arranging terms for "sincere" buyers to pay over time, without interest. And who are the buyers? They seem to be young professionals, couples in their forties not confined to the traditional professions. More and more galleries are businesses dealing with businessmen. The galleries are not yet libraries, but the notion has infiltrated that their exhibition spaces are there to be visited without harassment. Along with that, the sales move to the telephone. The days are past when an artist resisted a New York show in September because of the Jewish holidays, in July because the buyers were "all at the Hamptons," and January because nobody is in New York then. Rigid rules have broken down, as they have between acquiring and knowing.

What then is the price for high culture entering the marketplace? The precedent is in the book business, long thought not quite a profession but certainly not just commerce. The secret of the new and infinitely expanding Barnes & Noble is that it includes the smaller carriage trade bookstores within it. It is not just the largest bookstore on earth (*Guinness Book of World Records*) but structured differently, rather like a supermarket. Lockers and grocery carts and benches to rest, and stocking to the point that any taste or level of interest can be satisfied, saturation listing. It is mass marketing books like ice cream, variety and plenty, allowing the merely curious to start with baby books and proceed through child psychology through aging and death. And all in an atmosphere of discounts, mark-down and 100,000 titles, quadruple that of most competitors. Brentano's retaliates with a "literary lunch" with four speakers and free champagne; Harcourt Brace Jovanovich fills a bus stop with an ad for a new biography, but the image field is all Barnes & Noble's. The president, 36-year-old Leonard Riggio, says "we don't just sit here and sell *Thorn Birds*." It is depth marketing, with access as the key. "The environment here is not superior to you . . . you should not feel intimidated by the knowledge that surrounds you." And it works.

The other model for the cultural institutions is in paperback publishing, a big market, pumped and primed with big dollars and a tendency to put bigger bets on fewer rolls of the dice. The virtues and vices of the marriage of commerce and culture are here. Pocket Books is a part of Simon & Schuster which is, along with Paramount Pictures and several other giants, a part in turn of Gulf + Western Industries. All that holds a message for the creation and distribution of culture. At Pocket, more and more money goes on few paperback projects, like $1.6 million on a license to print Dorothy Uhnak's *The Investigation*. At that kind of money, promotion runs six figures, leaving it to anything but chance that booksellers get printed paper sacks, buttons, posters, and pads with promo. For all the print publicity, the key is television, as much for *79 Park Avenue* or Sara Davidson's *Loose Change* as for *Civilization, Ascent of Man* and Galbraith's *Age of Uncertainty*. All books, all television. All culture? The paperback business is about making "a viable media event" and good ratings translate into another printing and a new shipment to the shelves, where Avon, Bantam, Dell, and Pocket slug it out on terms not so different from Procter & Gamble versus Bristol-Myers.

There is something to "the look," the money and time spent on the cover art for the paperback and the poster/catalogue for the museum show. If packaging makes for competition, it is a spur to quality. And yet, one is not selling cake mixes here. The risk is that cultural values will compete on terms where they have no business, and when they succeed be dismissed as "just a pretty face," not to be taken seriously. At it worst—and our most pessimistic—cultural values are reduced to those of passing entertainment, with a glib surface to sell the product as temporary and disposable, as insignificant as everything else in a throwaway culture. The stuff of "just fashion." At its best, hawking it is using the only means we have to tell people about something which silence necessarily keeps for the few, inevitably a rich and well-educated cognoscenti.

If the lines are breaking down between museum and environment, between art and entertainment, between mass marketing and the carriage trades, then that is all part of our experiment in a cultural democracy for 218 million people. It puts stereos in the house so we can hear opera, makes us buy more books and probably better ones, and makes our self-improvement a secular religion, and not a bad one at that. When one considers the other uses our dollars and energies might serve, marketing culture doesn't seem so bad. ■

PHOTOGRAPHS ON PAGES 148 AND 149: "HEAVEN CAN WAIT," PARAMOUNT; "SATURDAY NIGHT FEVER," PARAMOUNT; "AIN'T MISBEHAVIN'," ALBERT WATSON; SCULPTURE, HORST; BALLET DANCERS, MARTHA SWOPE; BOOKS, ROGER BESTER

Only child
continued from page 159

and first-born children crowd the pages of *Who's Who* and are generally overrepresented as achievers in varied fields. (First-borns are considered with singletons because for a while they *are* only children and benefit from their brief tenure as such.) The singleton child seems to stand better chances than those from families of siblings to do well in life. In achievement tests, they do better than other children in IQ and language-skill testing. Only children may very well distinguish themselves in terms of intellectual, language, and leadership skill, warm parental and peer relationships, and also display strongly defined traits of individualism and creativity. Of course, it is an oversimplification to suggest that just being an only child is a guarantee of all or any of these characteristics. Yet there is certainly good evidence that these attributes can be, and frequently are, advantageously affected by the single-child family lifestyle.

In the course of single-child research, social psychologist Dr. Toni Falbo discovered that only children seem largely unaware of any disadvantage inherent in their situation. They also tend to be no more neurotic or extraverted than others with siblings, have just as many friends as those with brothers and sisters, and are often nominated for office in college activities. The only child is also, it turns out, more able to diverge from the herd, may feel freer to test new thinking or modes of living. They are inclined to be leaders rather than joiners. And whereas some 40 percent of the only children surveyed by Dr. Falbo felt their parents had been extremely important in shaping their characters, only 3 percent with siblings felt their parents had any such effect

Continued on page 250

CATALOGUE CHECKPOINT

SHOPPING AROUND'S *special mail order service for you. We've gathered the latest catalogues with merchandise to suit your every need. Order directly from House & Garden. Just fill out and return the order coupon below, circling the number of each catalogue you want. Enclose 50¢ for postage and handling, plus any additional charge as indicated on catalogue number. Do not send stamps. Coins, check or money order may be used.*

1. ENTERTAIN AND COOK IN STYLE with the fine selection in a catalogue of gourmet cutlery, dinnerware, hand-painted serving trays, cookie jars, a diet scale, even a fortune cookie maker! Includes a newsletter of recipes. Better Living. $1.

2. A 19TH CENTURY FRENCH STOVE is the decorative and practical way to heat with wood or coal. Brochure details history, benefits, functions of elegant Le Petit Godin Wood/Coal stove. Bow & Arrow Imports. Free.

3. TO WARM YOUR HEART AND HOME— fireplace equipment, wood stoves (featuring Norwegian Jøtul and French De Dietrich lines), hand-forged fire tools, andirons, pewter items, lamps, bootscrapers. In catalogue from The Burning Log. 25¢.

4. CANVAS BAGS ARE TODAY'S ANSWER to toting needs and here's a catalogue chock full of them in assorted shapes and styles, plus kitchen appliance covers. Canvas totes for tennis, needlework, books, or "junk". Canterbury House. 50¢.

5. ENHANCE ANY WINDOW AND EVERY DECOR with the delightful selection from this 30 page catalogue of curtains and bedspreads. Available at low discount prices direct from the manufacturers. Courtney House. Free.

6. PAMPER YOUR PRECIOUS PET with a jeweled collar, pooch raincoat or glamour bow. For pets with less fashion flair there are practical items in color catalogue—leads, harnesses, grooming aids, shampoos, toys, tasty treats. DuSay's. 25¢.

7. ALL ABOUT DIAMONDS. Four-color catalogue of fashions in diamond jewelry, diamonds as an investment plus six plans for purchasing diamonds. Facts about the mining and cutting of the stones plus settings are included. Empire Diamonds. $1.

8. EARLY LIGHT DESIGNS RECREATED. All are individually cut and handcrafted. Choose solid copper, brass or pewter in lanterns, sconces, chandeliers, ceiling lights, lamps from diverse selection in this fine catalogue. Heritage Lanterns. $2.

9. AMERICANA MARKETPLACE OF GIFTS typical of New England living presented for your shopping ease in colorful 88 page catalogue. Lots of decorative accessories, clothing, dinnerware, rugs, furniture, and more. Jenifer House. 25¢.

10. DOLLHOUSE PARAPHERNALIA for the collector and youngster alike. Features many signed pieces and unusual accessories. Dollhouse kits, miniature accessories, lighting and craft supplies in 28 page catalogue. The Little Doll House. $2.

11. FIND THE ANSWER to problem windows with the selection of curtains in this catalogue specializing in treatments for odd-shaped and odd-sized windows. Easy care fabrics, hand finished, large choice of trims for oversized, bow, and sliding glass windows. Joanne Mee Interiors. Free.

12. YOU'LL BE IN SEVENTH HEAVEN when you see the wonderful and whimsical items displayed in poster form, shipped in mailing tube. Choose from marionettes, satin pillows, mobiles, heart frames. Oh! For Heaven's Sake. $1.

13. DELECTABLE GOURMET IMPORTS that are sure to tempt you! For international taste treats there are sausages and cheeses, candies, caviar, canned specialties. Catalogue also offers cookware and gourmet gadgets. Paprikas Weiss. $1.

14. BEAUTIFUL FLOORCOVERINGS in the newest designer looks, Chinese and Hopi patterns, natural linen/cotton rugs, along with the traditional Orientals. Color catalogue includes decorative pillows, paper mache fruits, woven wall hangings. Elegance for your home from Peerless Imported Rugs. $1.

15. EASY TO FIND A SPECIAL GIFT in this distinctive catalogue. Thimbles, candlesticks, magnifiers, toys and decorative objects abound in the 32 pages. You'll even be entitled to a free gift offer! John Russell. Free.

16. BE AN INTERNATIONAL SHOPPER in the comfort of your home. Dazzling collection in a color catalogue offers exotic style clothing, leather goods, elegant jewelry, gifts from Europe, South America, Asia, Africa. Shopping International. 50¢.

17. SAFE WOODSTOVES FOR MODERN HOMES are Sierra's specialty. Newsletter advises how to evaluate energy savings through wood heat, answers many operating questions, tells of safety factors and other types of stoves available. Sierra Stoves. Free.

18. STOP RIGHT HERE TO FIND GIFTS and decorative accessories that will please and intrigue everyone on your list. Greeting plaques, housewares, gourmet items, and jewelry all in a color catalogue. The Stage Stop. 25¢.

19. BEAUTIFUL CLOTHES that spell quality and timeless good looks fill page after page in a new color catalogue of winter fashions. Tailored styles for women and men feature sweaters, shirts, skirts, dresses, trousers and jackets destined to be the mainstay of your wardrobe. The Talbots. Free.

20. PAST, PRESENT AND PREVIEWS. Fascinating color brochure features plates, bells, buckles, figurines to delight the collector. Includes price list of past editions, informative reviews, highlights exceptional savings. Trein's Collector's Showcase. $1.

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October 1978

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H & H Imports

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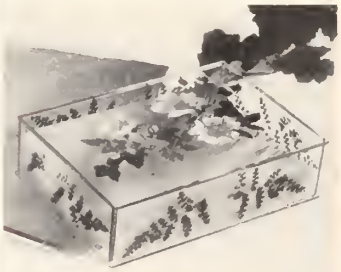

CACHE IN ON this season's best gift idea—a sparkling all glass box screen printed with pale pink wild roses. Comes filled with notes and envelopes printed to match. When empty it becomes a delightful cache for all sorts of odds and ends. 7″ x 5″ x 2″. A gift almost too pretty to be so practical. $15. +1.50 ins. pstg.

Unicorn Gallery Dept. G10

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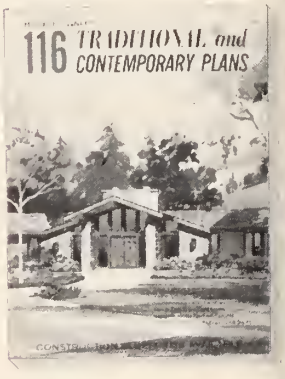

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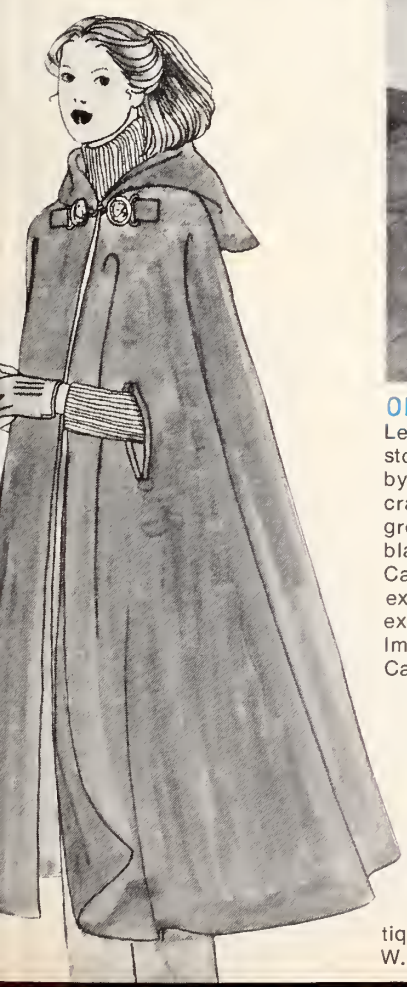

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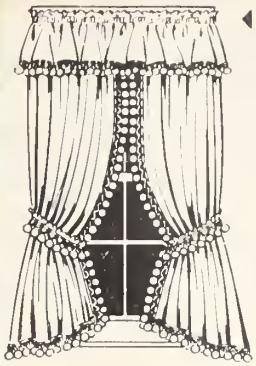

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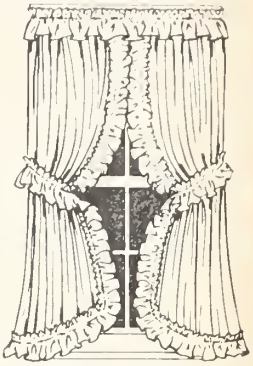

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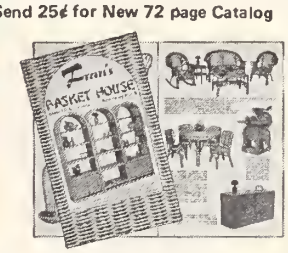

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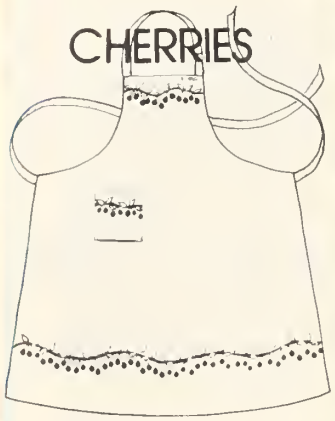

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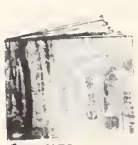

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Toss your hat, hang coat or umbrella on an old fashioned wall rack hand polished in rich walnut color. Features 3 curved bentwood arms. 17½"h., 14½"w., 8½"d. Mounts flush to wall, assembles easily. $10.95 plus $1 post. Two, $20 ppd. World Co., Dept. HGE, 2 First St., E. Norwalk, CT 06855.

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Charming Christmas motifs hand-pressed in 2½" dia. o ment discs of pure crystal. Go originals. There are holes for hi ing—look festive with ribbons. of 6 different ornaments come boxed. $9.98 plus $1 post. Li Vernon, Dept. GRE, 510 S. Fu Ave., Mt. Vernon, NY 10550.

Hilo Steiner Put your sea shells inside our melon glass ball. 19" lamp comes fully wired, with natural burlap shade, $25, prepaid UPS. M32, Rte. 35, Shrewsbury, N.J. 07701. Shell lamp catalog, $2.

ARTIST SIGNED CAT GRAPHICS

LIMITED EDITION — REASONABLY PRICED

"Mother Cat with Apples," by popular artist Bruce Wallace. Full-col poster litho, limited edition of 950, signed & numbered 9x12" image on 11x14" stock. Suitable for framing. Gray/white cat, red/white quilt. Limited supply, order now! Only $14.95 ea. p.pd. Conn. res. add tax. Money-back guarantee. Check or money order to:

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RUFFLED LACE TRIM

Pretty tab curtains with 2" crochet-type lace ruffles. White or eggshell polyester/cotton blend or natural muslin. 80" w. per pr. 45" or 54" l., $27; 63" or 72", $32; 84" or 90", $37. Ruffled tiebacks, $3 pr. Fabric samples, $3. Post. $2. Free catalogue. Constance Carol, HG10, Box 899, Plymouth, MA 02360.

BEAUTIFUL CREWEL

Handmade crewel fabrics f India of handloomed cotton hand embroidered multi-col wool flowers. A dozen different signs and colors to choose. F $13 per yd. 50" wide. For spreads, drapes, etc. Broch swatch, 50¢. Gill Imports, H Box 73, Ridgefield, CT 06877

LYRE MAGAZINE RACK

The Lyre, musical instrument of the ancient Greeks, is carefully reproduced in this magazine or music rack. 11" high and 8" wide. Black or White.
MR1 . . . . $16.10

Send $1.00 for catalog of Gift Items.

BAMBOO MAGAZINE HOLDER
MR2 . . . . . $31.65

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Sweeten the air with a lifetime arrangement of miniature roses. Displayed in 5" glass decanter it's ideal for any room, gifts. Fragrance guaranteed 3 years. Yellow, red, pink, lavender, white, blue, or orange. $5.88 ea., 3 for $15. Ppd. Letz Enterprise, HG08, 705 Warwood Ave., Wheeling, WV 26003.

UNIQUE GIFTS

Beautiful floral decorator can imprinted with portraits, pers greetings, special announceme Sure to be cherished. Ca shown is 4½" by 8", $22.95 Other sizes available, from $7 Write for brochure. Fleur-d Candles, HG10, Rte. 4, Box Columbia, MO 65201.

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ir pet will think Flea-Tabs are reat. Administered orally every-', safe, natural tablets cause 's skin to emit an odor that y fleas can smell. 100-tablet tle lasts 2-3 months for average e pet. $4.95 ppd. (MC/Visa epted.) Flea-Tabs, Box 33-B, wling Green, OH 43402.

MAJESTIC SHOWPIECE

Octagonal "metal-bamboo" standing mirror glides quietly on hooded casters. Plate-glass mirror, 16" w. by 54" h., tilts to adjust. Overall: 22" l. by 18" w. by 65" h. Plating: Koch brass (B) or contemporary nickel (N). #SBSM-81. $249.80 ppd. St. Nicholas Boutiques, HG10, Santa Claus, IN 47579.

HERMOMETER WISE

se old owl thermometer is sure give an accurate Fahrenheit mperature reading every time. cased in aluminum it's 12" dia. d has large black numbers. Easy mount. Appropriate for use in-ors or outside. $10.50 plus 75¢ st. Bruce Bolind, HG10, Bolind dg., Boulder, CO 80302.

TO HAVE AND TO FOLD

Space saving table made in Europe. Solid beechwood with oiled walnut veneer. Closed, 9" by 30"; one side up, 37" by 30"; fully opened, 65" by 30", it seats eight. 30" h. $99.95. Exp. coll. Assembled. Send 50¢ for Danish catalogue. Genada Imports, HG10, Box 204, Teaneck, NJ 07666.

O-IT-YOURSELF

joy creating these lovely lacy ta-e pads and doilies. Easy to do sturdy looms. Set of 3, plus uttle, illustrated instructions to ake all 4 sizes, $15.95 ppd. Yarn n't included. Individual loom ices sent on request. Love & oney Crafts, HG10, Box 200, nckney, MI 48169.

WHO'S TO KNOW

Burglars or other would-be malefactors will bypass premises having a warning decal advertising an alarm system. Self-adhesive vinyl stickers are bright yellow and green. Set of four, $1.98 plus 35¢ post. Anthony Enterprises, HG10, 67 Second St., San Francisco, CA 94105.

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Perma Tweez® is a simple electrolysis instrument that PERMANENTLY removes undesirable hair from all areas of the face—such as the chin, upper lip, eyebrows. Embarrassing body hair can now be removed forever at home in total privacy. Arms and legs can be forever free of the inconvenience of constant hair removal. **An exclusive U.S. patented safety feature allows you to do this without puncturing the skin.**

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COUNTRY CURTAINS

Ruffled Permanent Press

TIERS
25", 30", 36" or 40" . . . 8.00 pr.

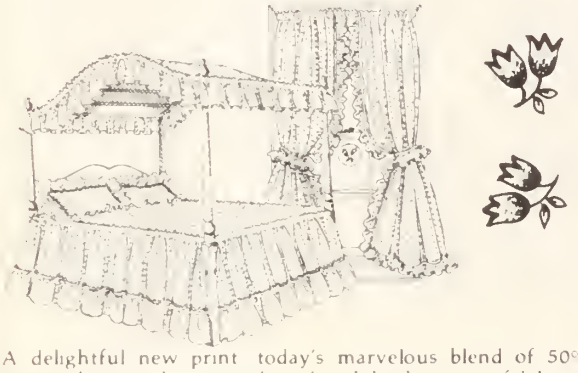
TIEBACKS
45", 54" or 63" . . . . 11.50 pr.
72", 81" or 90" . . . . 13.50 pr.

VALANCE
10" x 70" . . . . . 3.75 ea.

Oh happy days! Crisp and carefree ruffled curtains...so reminiscent of muslin but in minimum care 35% cotton and 65% polyester. A warm, fresh look for any room in creamy eggshell or sparkling white. These curtains have a very full 2" ruffle and are 78" wide per pair. Also available... unbleached or white 100% pure cotton muslin...the original Country Curtain, nearly impossible to find in this day of permanent press. For prices of cotton muslin curtains with 2" ruffles, send for free catalog.

COUNTRY CURTAINS

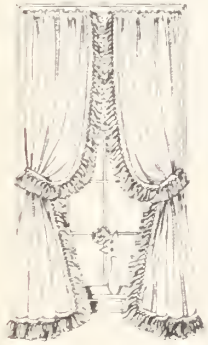
Petite Bell Flowers



A delightful new print today's marvelous blend of 50% cotton and 50% polyester is dotted with lively sprigs of delicate flowers. Choose a scattering of little bell flowers for any room in soft blue, forest green, cherry red or nut brown on off-white. 78" wide per pair. 45" or 54" long, $14 pr.; 63" or 72" long, $17 pr.; 81" or 90" long, $20 pr. Double bedspread (quilted top), $55; Double canopy, $33. Pillow Sham, $10 each; Tablecloth, 72" round, $32. Twin and queen sizes available.

COUNTRY CURTAINS

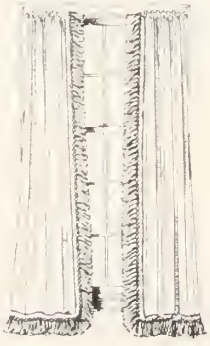
Bedspread Fringe on Cotton Muslin



TIERS
20" or 25" . . . . 11.00 pr.
30", 36" or 40" . 11.75 pr.

TIEBACKS
45", 54" or 63" . 17.50 pr.
72", 81" or 90" . 20.50 pr.

VALANCE
10" x 80" . . . . . 6.25 ea.

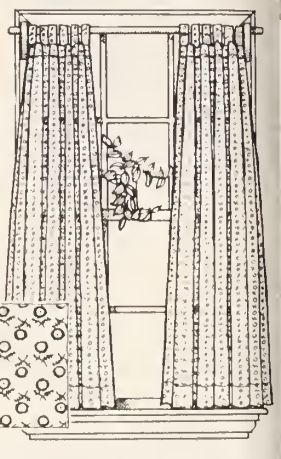


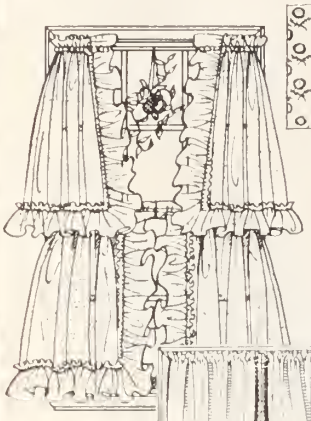
The inspiration for these curtains came from a Colonial farmhouse near Jane Fitzpatrick's Vermont home. 4" knotted fringe so stunning with antiques. The muslin used by Country Curtains has a crease-resistant finish; there is really no substitute for the authenticity of pure cotton. Unbleached or white muslin. Permanent press in natural or white. Specify color and fabric.

Country Curtains

For years Jane and Jack Fitzpatrick have furnished home makers with old-fashioned quality and conscientious service. Country Curtains are a charming tradition...Truly, they add special warmth wherever used. Practical and long-wearing. New England at its very best!

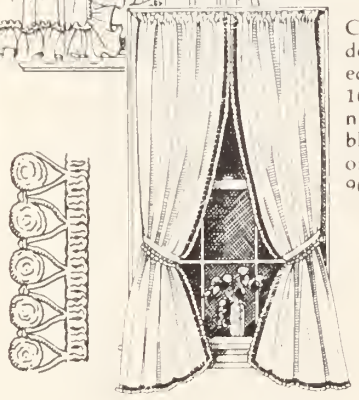
STOCKBRIDGE TAB...simple tab styling and a charming but uncomplicated fabric design makes this little print easy to use with antiques, contemporary or today's little-bit-of-everything look. You'll love the colors! Earthy brown, green, gold or brick red on an off-white cotton/polyester blend. 80" wide per pair. 25" or 30" long, $12 pr; 36" or 40" long, $13 pr; 45" or 54" long, $14 pr; 63" or 72" long, $17 pr; 81" or 90" long, $20 pr. Valance, $4 each.



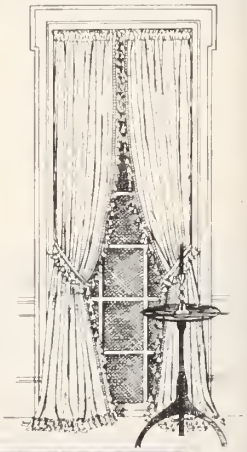


SHEER HOMESPUN...loosely woven, lightly flecked...this easy care 50% cotton/50% polyester pale beige curtain is utterly charming. 74" wide per pair. 24", 30" or 36" long, $8.50 pr; 45", 54" or 63", $14 pr. Valance, $5.25 each.

CROCHET TYPE EDGING...a delicate looking but durable edging on unbleached or white 100% cotton muslin. Also natural or white cotton/polyester blend. 90" wide per pair. 45", 54" or 63" long, $15 pr; 72", 81" or 90", $17 pr; Valance, $4.75 each.



CITY CURTAIN inspired by the stately old houses on Boston's Beacon Hill. The pearly white fabric, a silky blend by Schumacher, is edged with an exquisite 2¼ inch tassel fringe. 96" wide per pair. 36" or 40" long, $24.50 pr; 45" or 54" long, $29.50 pr; 63" or 72" long, $32 pr; 81" or 90" long, $34.50 pr; 102" or 108" long, $42 pr; Tiebacks, $4.50 pr, Valance, 12" x 96", $12.50 each.



The Fitzpatricks, Jane, Nancy, Ann and Jack enjoy Nancy's son, Casey. Also Samuel, the Canine Crusader.

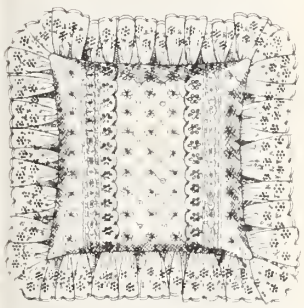
Advertisement

AT THE RED LION INN
STOCKBRIDGE MASSACHUSETTS

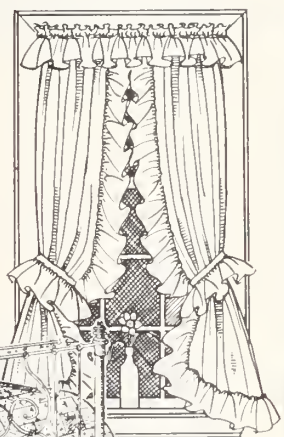
Douglas McGregor and his friend Norman Rockwell collaborated on this drawing of The Red Lion Inn, established over 200 years ago. Country Curtains' salesroom, located here, is open 10-5, Monday through Saturday.

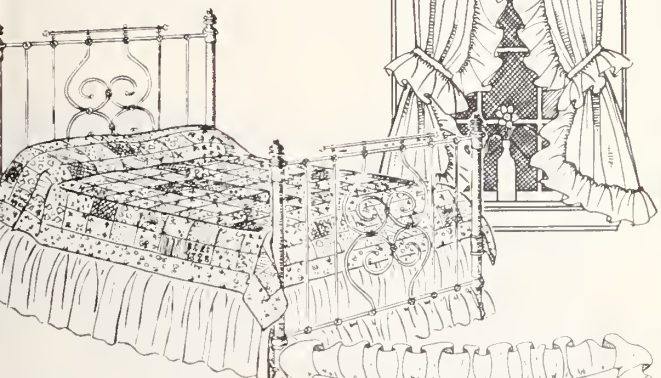
MISS SCARLET...soft, stuffed body and yarn hair. Dainty flower-sprigged frock over a lace-trimmed petticoat and pantalets. 21" tall. $22.00.

EYELET AND LACE PILLOW... as pretty as can be in ecru or white muslin. 12" square with 3" ruffle. $20.00.



EXTRA WIDE RUFFLES...for a truly luscious look on your windows. Natural or white cotton/polyester permanent press. Also unbleached or white cotton muslin. 84" wide per pair. 4½" ruffles. 45" or 54" long, $12.50 pr; 63" or 72" long, $13.50 pr; 81" or 90" long, $15.50 pr. Specify color and fabric.



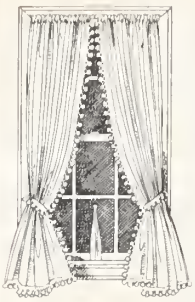


TCHWORK QUILT ..4" ares of old-fashioned prints. erses to fabric matching border print. Double thick-s of polyester fiberfil. Crib , $50; Twin, $95; Double, 5; Queen, $125.

ST RUFFLE natural or te, cotton/polyester. Twin double, 15", 20" or 25" drop gth, $18 ea; Queen, 15" or 20" p, $20 ea; King, 15" or 20" p, $22 ea.

QUILTED MUSLIN PILLOW SHAM with 3" ruffles. Trimmed with a pretty lace insert. Ecru or white. $12.00 each.

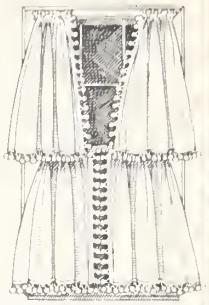
COUNTRY CURTAINS
Ball Fringe on Permanent Press



TIERS
20" or 25" .....7.00 pr
30", 36" or 40" .. 8.00 pr

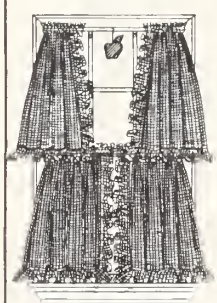
TIEBACKS
45", 54" or 63" .. 11.00 pr.
72", 81" or 90" .. 13.00 pr.

VALANCE
10" x 80" .....3.50 ea.



Wonderful! Wonderful! Charming ball fringe curtains of 50% cotton and 50% polyester...just like muslin, yet so easy to care for. Country Curtains' special ball fringe is carefully stitched on by homesewers in the village. These curtains are a credit to your thriftiness ..so versatile you can use them throughout your house. 90" wide per pair. Choice of natural or white. Also available in 100% cotton muslin with crease-resistant finish, unbleached or white. Please specify color and fabric choice.

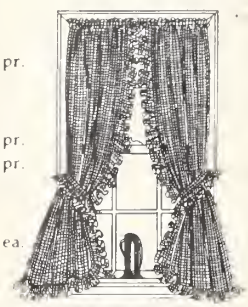
COUNTRY CURTAINS
Gingham Checks



TIERS
25", 30" or 36" .. 8.00 pr.

TIEBACKS
45" or 54" ..... 10.50 pr.
63" or 72" ..... 12.50 pr.

VALANCE
10" x 74" .....3.25 ea.



Traditional.. and always delightful in homes from Shoreham, Vermont to the Swiss Alps. They seem to supply their own sunshine! Woven checks are ¼ inch and come in red and white, yellow and white, light blue and white, pink and white and brown and white. The fabric is a no-fuss permanent press blend of polyester and cotton. All pairs are 74" wide with 2" ruffles. Tiebacks included with curtains 45" and longer. Matching bedspreads. Please specify color.

COUNTRY CURTAINS
AT THE RED LION INN

Dept 102, Stockbridge, Massachusetts 01262

Country Curtains loves happy customers ..if you are not thoroughly delighted with your order from us, you may, of course, return it for a refund. Please specify style, color, length and fabric choice. Send check, money order or use Mastercharge or Visa. Postage and handling: under $10 add $1.10, over $10 add $2.00. Mass. res. only add 5% sales tax. Phone orders for Mastercharge or Visa customers only.. call 413-298-5505 between 10 am and 4 pm, Monday through Friday.

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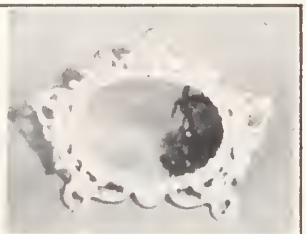

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For tempting delights! Sandwich cookie: chocolate with white, 12" h., $15. Ice cream: light brown with vanilla, 14" h., $16. Cup cake: chocolate with vanilla and red cherry, 10" h., $15. Ppd. Catalogue, $1. Oh! For Heaven's Sake! HG10, Box 2671, Grand Central Sta., New York, NY 10017.

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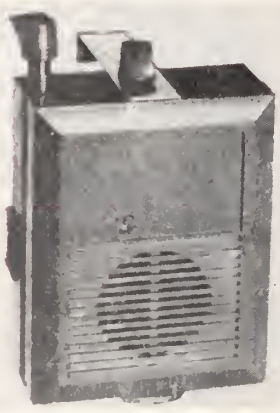

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Siren type alarm sounds when door is opened—heat sensor is triggered when interior temperatures reach 135°F. Electronic alarm alerts you to intrusion and fire. Portable or permanent. Installs in minutes on any door. $12.95 ppd. Mail Order Mart, HG10, 11 Newbury St., Lawrence, MA 01840.

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Solid African mahogany is b nished brown for bench that's p fect for desk or vanity. Seat is ea to recover—ideal for needlewo 21½" w., 19¼" d., 18¾" Muslin or gold velvet cover. $1 Shpg. chg. extra. Catalogue, Ephraim Marsh Co., HG10, De 624, Box 266, Concord, NC 280

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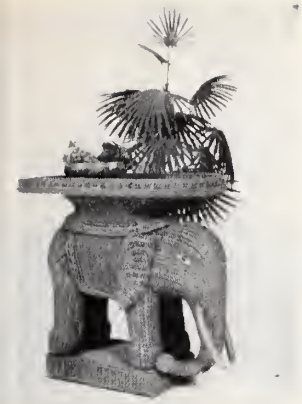
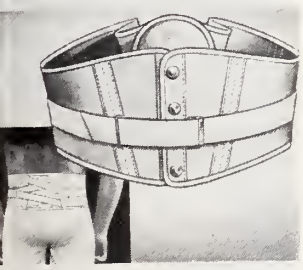
BEWARE OF DRAGON
Make this the year of the drag with a handmade cloth on bamb lighting fixture. It's functional well as uniquely decorative. 1 dia., 23"h. White or yellow w dragon; or plain white. $15 plus $1.95 post. China Trade, HG10, Box 222, B.U. Station, B ton, MA 02215.



LEPHANT ACCENT

egendary luck of the elephant rings good fortune to your home. lse as an end or cocktail table. landwoven of natural rattan, removable tray. 25"l., 17"w., 24"h. 39.95 plus $6 post. Painted white dd $5. Catalogue, 25¢. Fran's Basket House, Dept. HG10, Rte. 0, Succasunna, NJ 07876.



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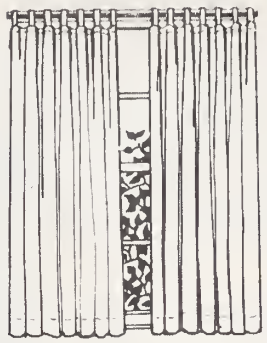

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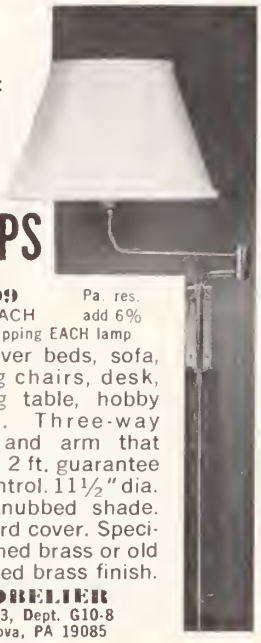

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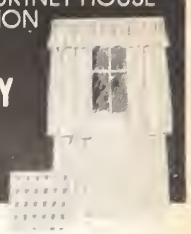

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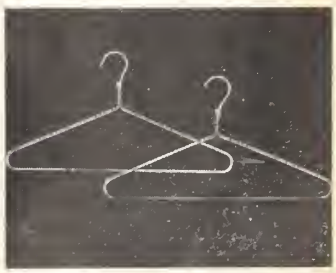

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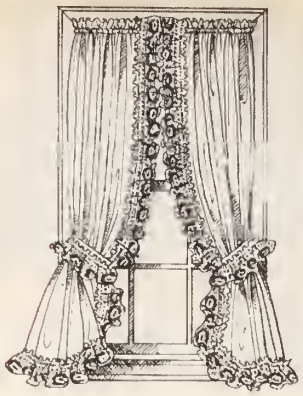

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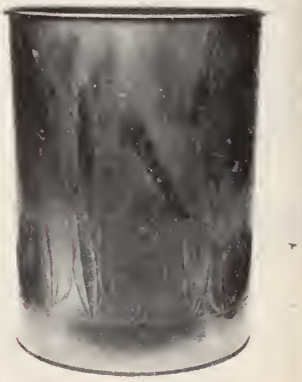

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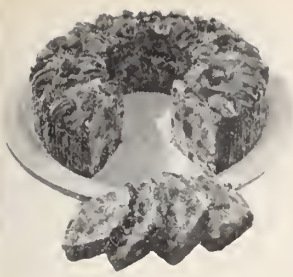

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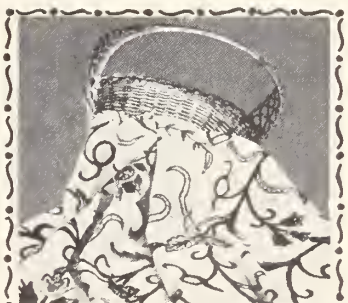

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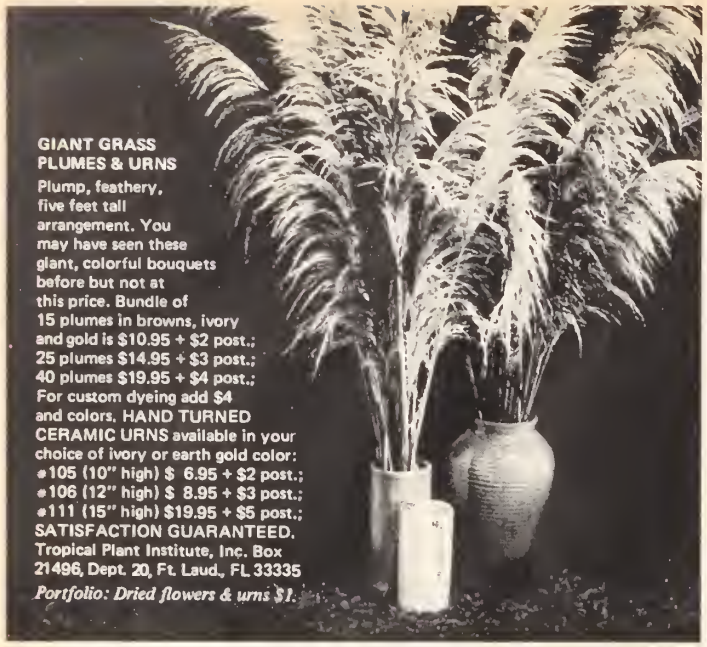

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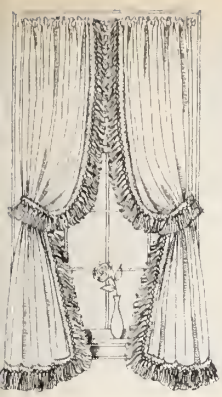

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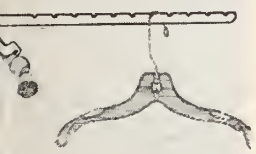

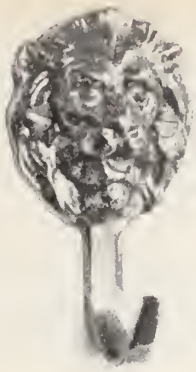

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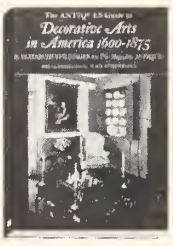

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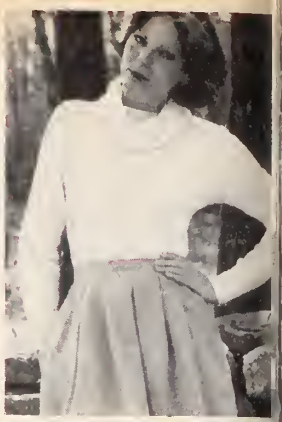

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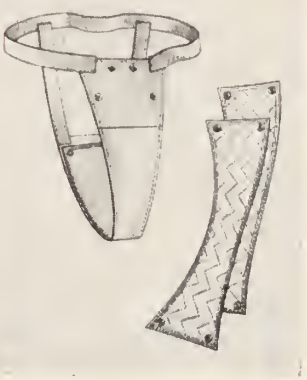

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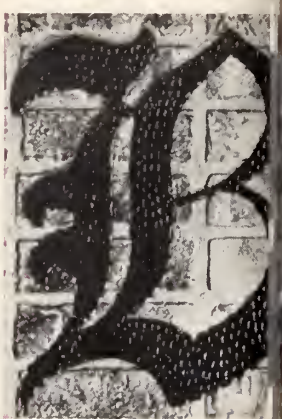

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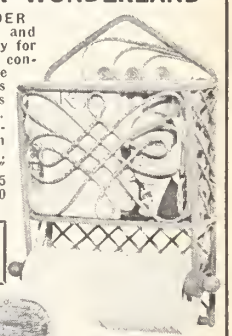

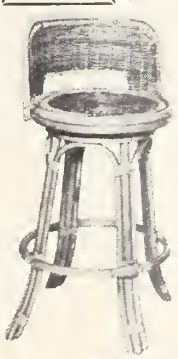

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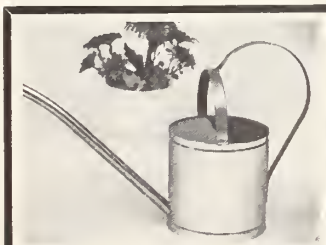

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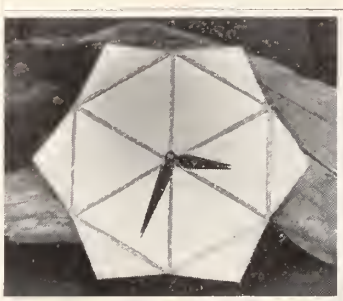

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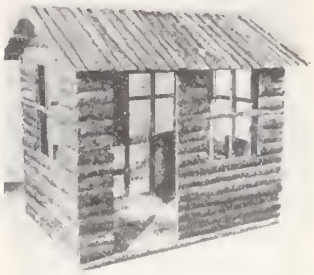

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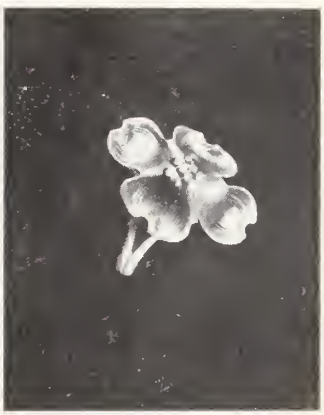

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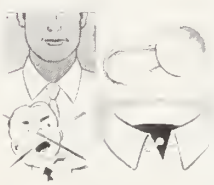

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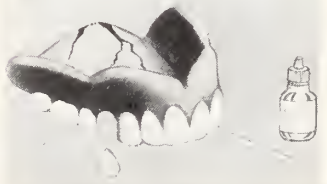

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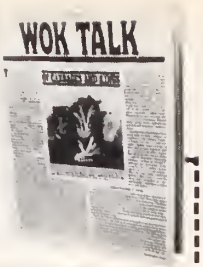

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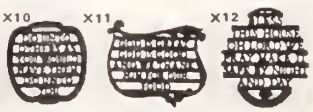

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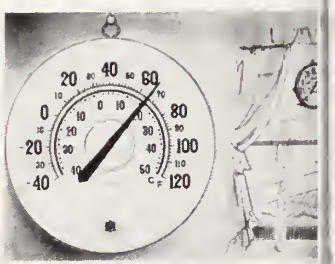

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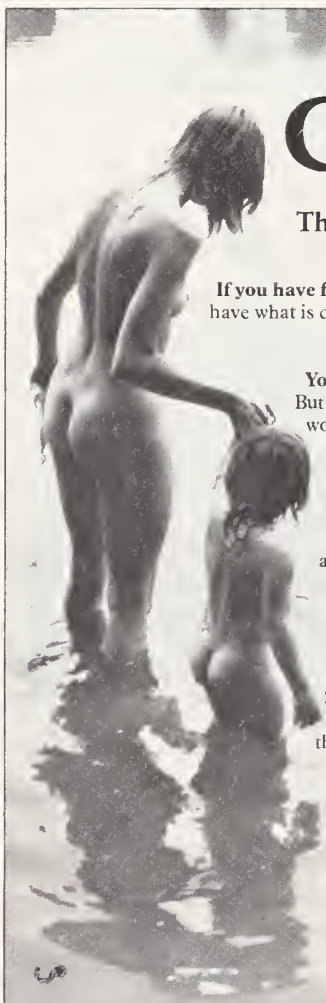

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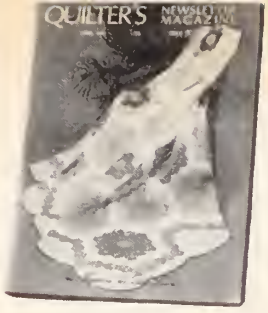

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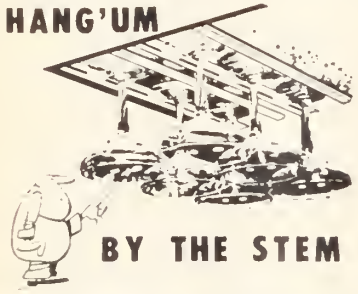

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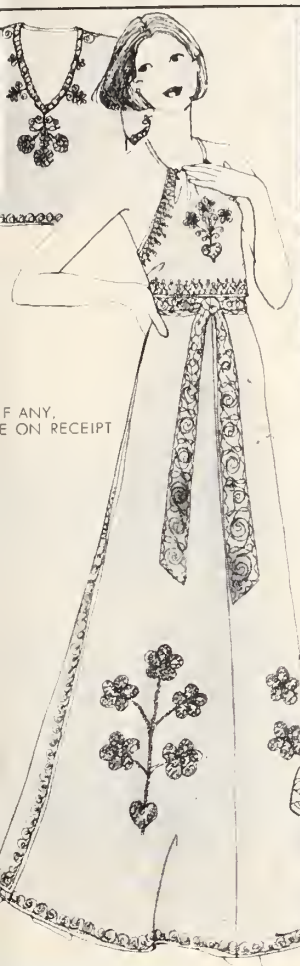

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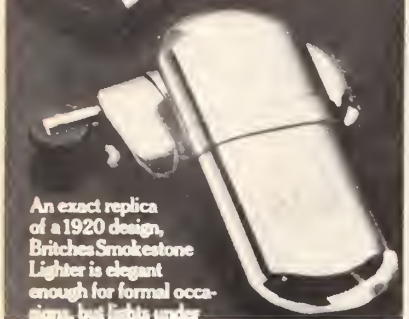

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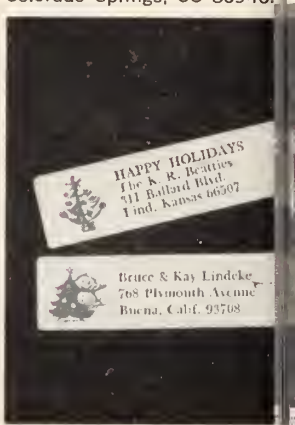

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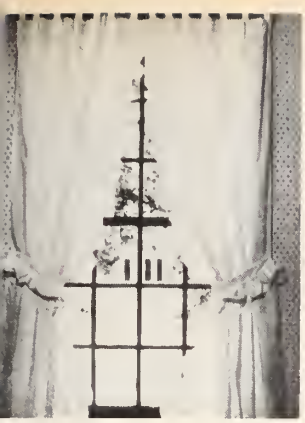

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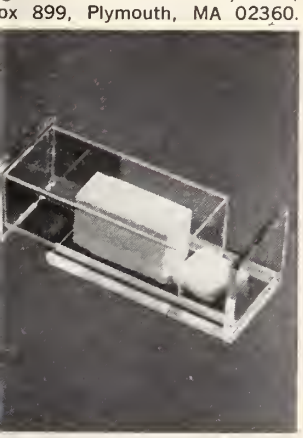

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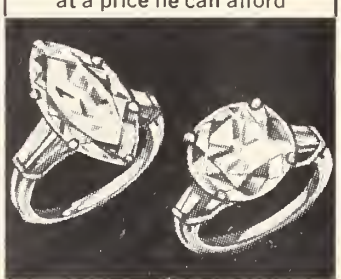

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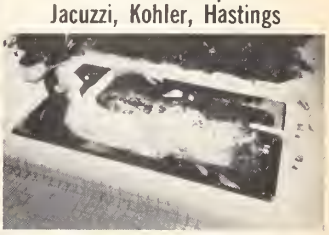

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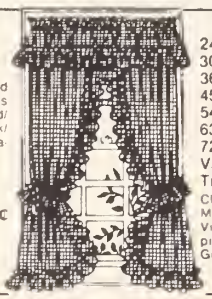

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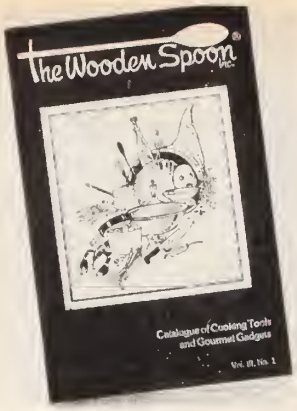

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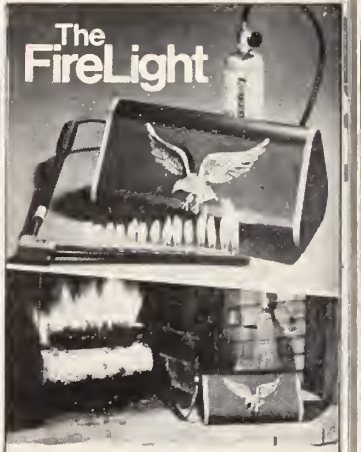

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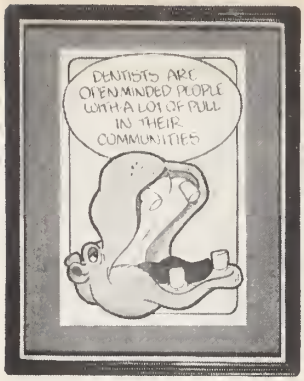

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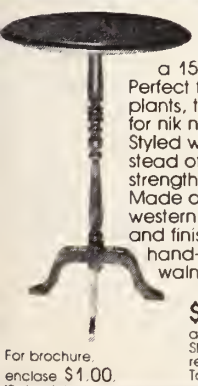

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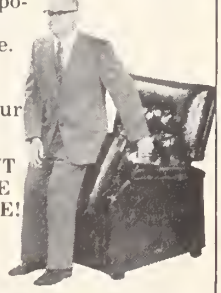

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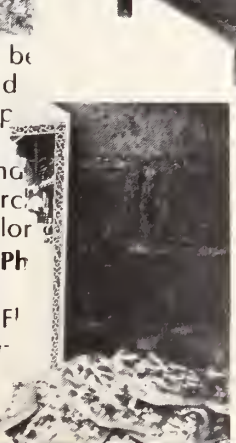

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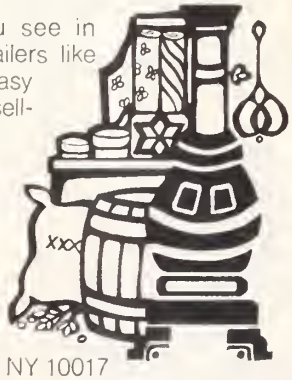

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18" X 18"
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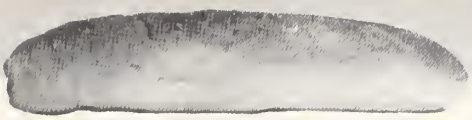

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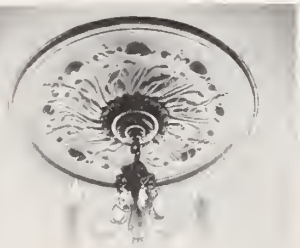

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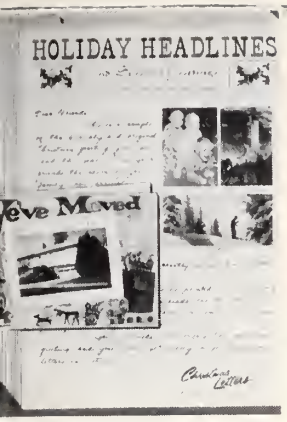

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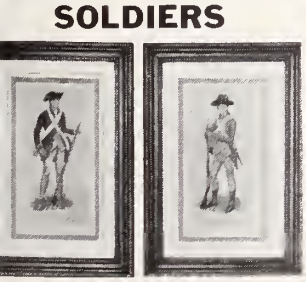

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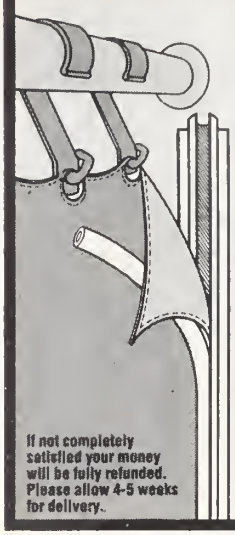

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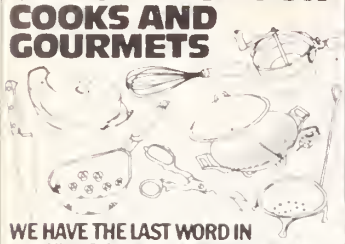

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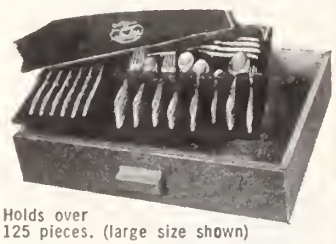

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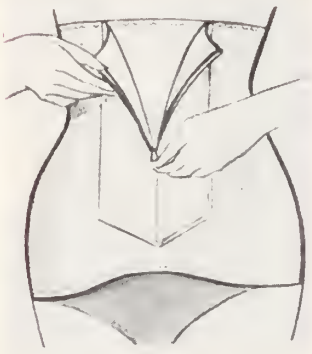

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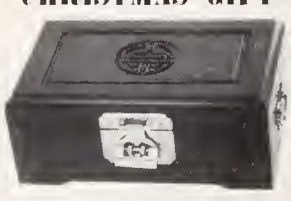

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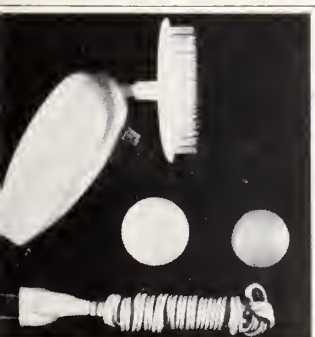

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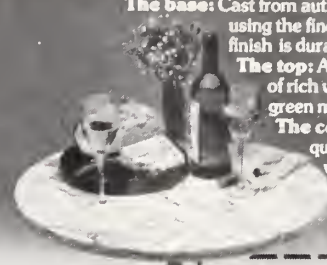

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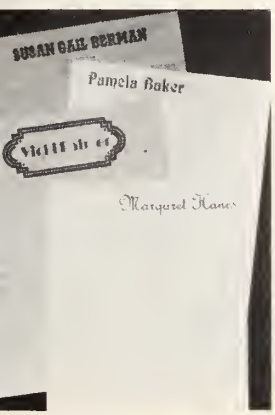

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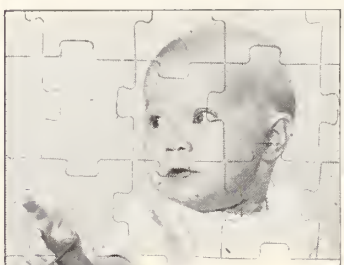

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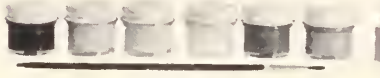

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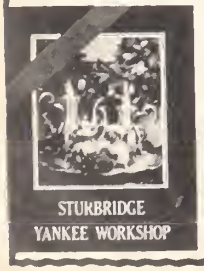

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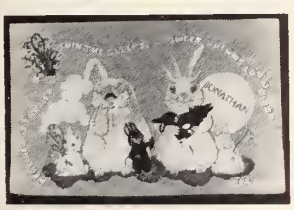

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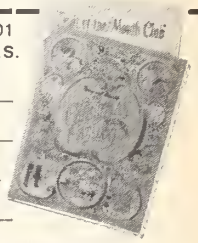

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Comestibles COMPANY DEPT. HG10

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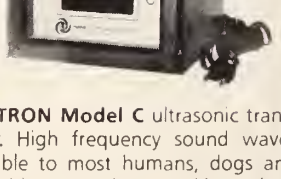

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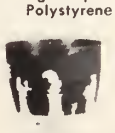

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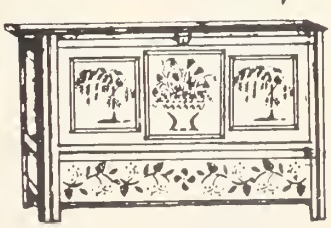

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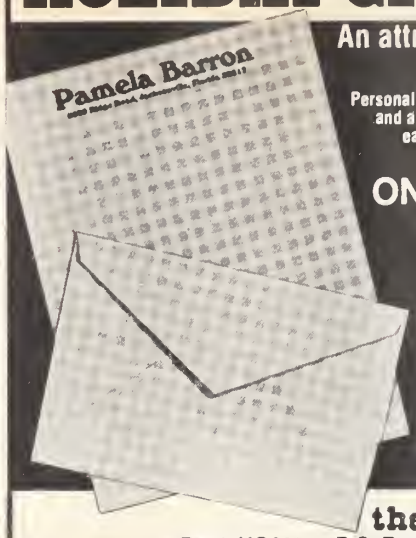

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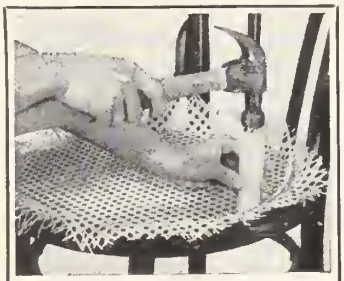

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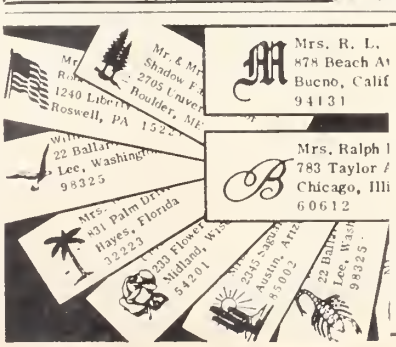

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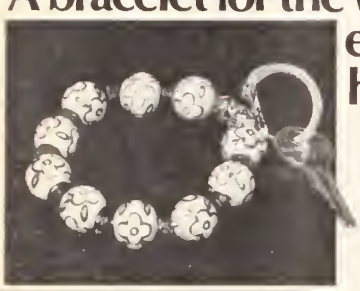

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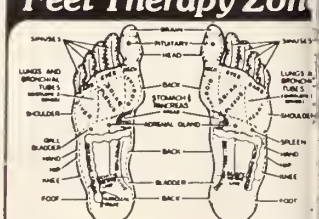

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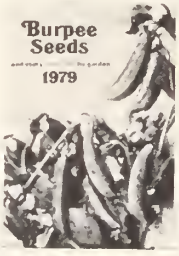

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GARDENER'S NOTES

Autumn best bets

Planting bulbs for spring, everlasting flowers, a handy rake, prizes for garden photographs, plus new books

Rooting for spring

Lengthening nights and the threat of frost make us aware of the approach of winter, so it's time to get bulbs into the ground for next spring's flowering. Assuming that your bulbs are already on hand, or at least on order, the next step is to do the best possible job of planting them. A wise rule here is the one laid down by old-time nurserymen: a ten-dollar hole for a dollar tree. Applying the rule to bulbs, it means digging the soil for several inches *below* the level at which the bulbs will go. After all, the roots grow out of the bottom of the bulb, so they need loose, friable soil to grow into—the deeper the better. If you plant tulips 6 inches deep, for instance, loosen the soil for another 6 inches below that and, while you're at it, work in a little slow-release fertilizer. When planting crocus in your lawn, the best procedure is to lift a patch of turf with a spade or

Daffodil February Gold will become naturalized and flower for year after year.

edging tool, set it aside and loosen the uncovered soil as though you were preparing a bed for seeding. Press the bulbs into the softened ground, replace the turf, and water thoroughly. You'll never know anything had been done to the lawn until the flowers pop up the following spring. And don't forget how obligingly daffodils lend themselves to naturalizing. Clusters of 6 or more bulbs, planted in well-prepared soil, will flower for year after year if left undisturbed. The species daffodils and small-flowered varieties such as February Gold are best for this, although many of the large "improved" kinds will also naturalize well.

Rake away

The time has come again when you have to start raking leaves, and the good news this year is a brand-new, molded polypropylene rake for a nice, old-fashioned price. The Ames people, who have been in the business of making garden tools for upward of 200 years, have just introduced their new lawn rake, all in one piece and practically indestructible. Because of its eye-catching red color, you don't have to worry about the rake getting lost among the leaves, either. Lightweight and with a 48-inch handle of good old-fashioned wood, the Ames Care-Free rake retails for about $3 at hardware and garden supply shops across the country.

Weeding out

A weed, of course, is a plant in the wrong place—usually where it interferes with the plants we *want* to grow. So many plants that we may want to grow in one place become weeds when they appear somewhere else that the whole business can be quite confusing. Mea Allan, in her book *Weeds* (Viking, $14.95) makes sense of the problem by carefully explaining just how most weeds came to be where they are, how they compete with more useful plants, and how to tell which weed is which. She also explains how weeds can be taken as indicators of particular soil conditions and, upon occasion, become soil builders. The black-and-white photographs and clear line drawings make identification of this long list of undesirable plants easy and unmistakable.

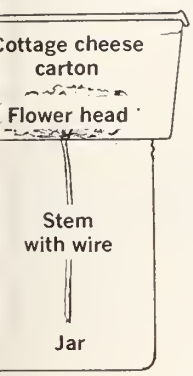
Prize pictures

Most gardeners use the camera as enthusiastically as they do the trowel, and Longwood Gardens is taking cognizance of the fact by sponsoring a photography competition. Deadline for all entries is January 5, 1979, and there will be categories for black-and-white prints, color prints, and 35mm slides. There is an entry fee of $3, and prizes of $150, $75, and $50 in each category. For more information about the competition and to get your entry blanks, send a stamped, self-addressed envelope to: Photography Contest, Longwood Gardens, Kennett Square, Pa. 19348. The prizewinning photographs will be on display at Longwood Gardens during February, which is, incidentally, a very good time to visit the spectacular under-glass gardens situated at Longwood, 30 miles southwest of Philadelphia and open to the public year round.

By James Fanning

Everlasting lace

The summertime flower arranger's favorite, Queen Anne's lace, can be dried for year-round use by following a simple procedure in the drying process. Elizabeth Kent dries hers by poking the stem of each flower cluster through a hole in the bottom of a cardboard or plastic container like that used for cottage cheese. A length of florist's wire is poked upward through the stalk to keep it from bending as it dries, and the container is placed on top of a jar or bottle deep enough to let the stem hang freely. The container with the flower head in it is then filled with silica gel, using care to sift the material down among the delicate stems of the individual florets so that the domed shape is not lost as they dry. Cover and leave in a dry place until the flower head is thoroughly dry. This may be checked by feeling the stem. If that feels dry, the rest of the flower must be. Once dried, Queen Anne's lace will droop if it encounters moisture, so keep arrangements that include it in a dry spot. Also, of course, the flowers should be free of dew or raindrops when they're picked.



Top container holds the Queen Anne's lace flower head and silica gel, while the stem hangs free in the jar below.

So tropical

The phenomenal Alfred B. Graf has done it again. His *Exotica*, published more than 20 years ago, quickly became the bible of house-plant fanciers, amateur and professional alike. After seeing that book through several revisions, Dr. Graf undertook to assemble a completely new book—one that would include not only house plants but the full range of cultivated tropicals. Under the title *Tropica* (Scribner's, $115) this has now been published. It includes tropical plants used as food, flowering and fruiting trees, and those used in tropical landscaping. The illustrations consist of 7,000 full-color photographs, and there are instructions for growing and accurate botanical descriptions of all the plants included. *Exotica* and Dr. Graf's manual of house-plant care, the *Exotic Plant Manual* are still available for order from the Roehrs Co., East Rutherford, N.J. 07073.

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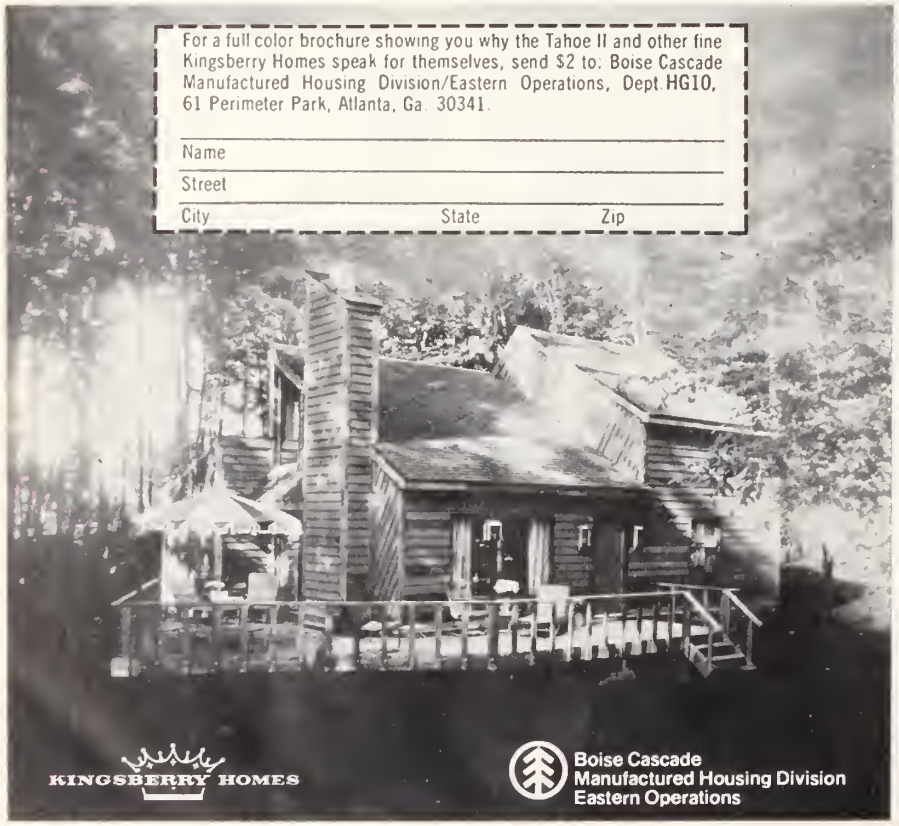

BEST IN BOOKLETS

Marvelous ideas to help you plan and shop are in the booklets below, and they're yours for the asking. You can order them directly from House & Garden—send for the ones you want today. Just fill out and return the order coupon, circling the number of each booklet desired, enclose $1 for postage and handling, plus any additional charge as indicated next to the booklet number, and we'll see to it that your booklet requests are filled as quickly as possible. Do not send stamps. Coins, check, or money order may be used.

BUILDING AND REMODELING

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3. Why should you insulate? "How to Button Up Your Home, Save Energy and Cut Fuel Costs," tells why you should insulate; how to insulate; how to determine the proper insulation for your insulating job; how to select the right tools to do the job—with the proper staple gun to fasten the insulation, and what length staple to use. Arrow Fastener Co., manufacturers of stapling machines. 35¢

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15. "A Furniture Consumer's Guide." Brochure explains some basic facts about the furniture industry and the Furniture Industry Consumer Advisory Panel program. FICAP is a voluntary, nonprofit organization. It has as its main purpose: to resolve consumer problems not settled by regular business procedures.

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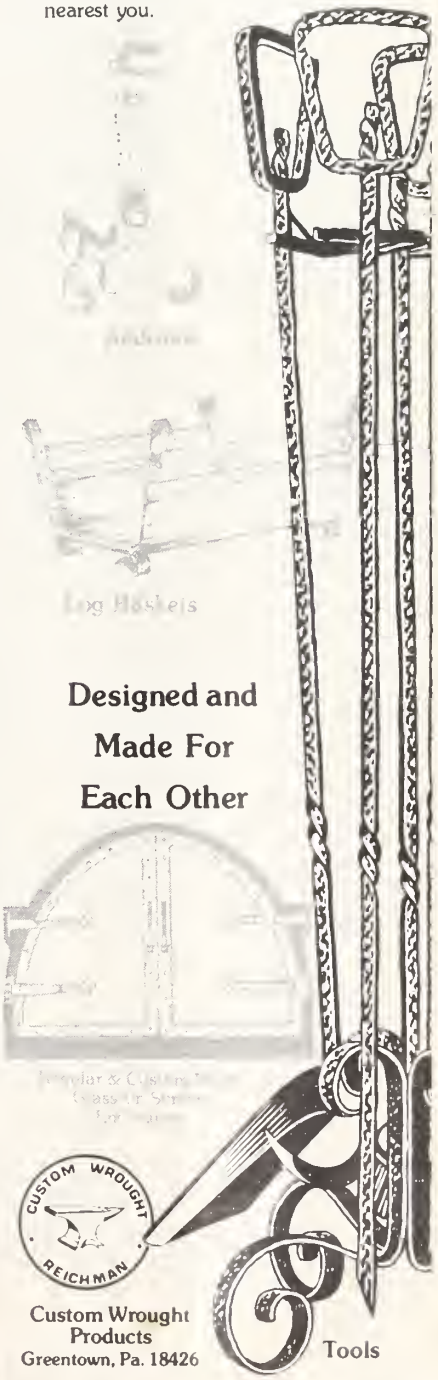

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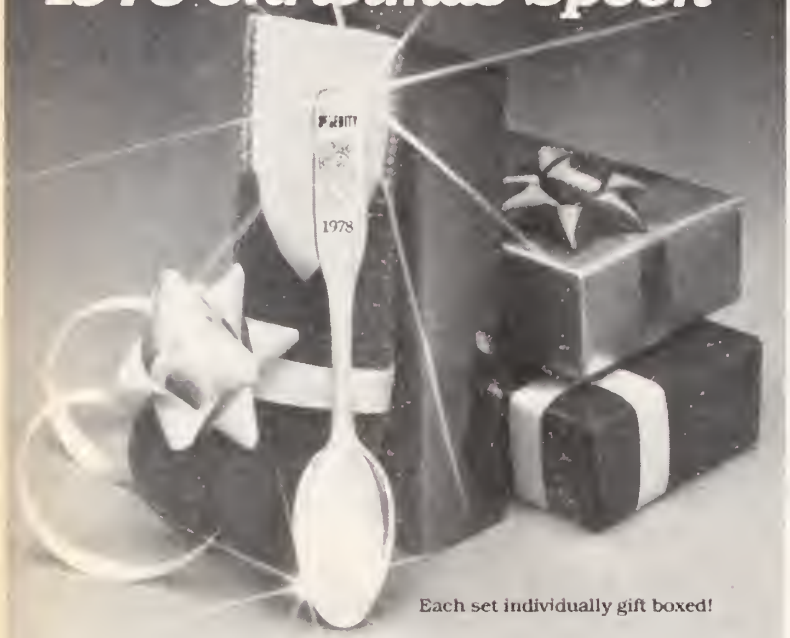

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at all. In addition, when she asked one group under survey, would they opt to have an only child, 55 percent of those who replied positively were "only" children themselves.

ONLY CHILD ADVANTAGES. Two of the only child's advantages are its parents. To start with, by merely being the kind of people who opt for the single child, parents confer benefits upon their child, according to Dr. David Shaffer, director of the Department of Child Psychiatry at the New York Psychiatric Institute, Columbia University. "Such parents tend to provide high quality intellectual and social stimulation," he says. This in turn is reinforced by the fact that there is no competition for the only offspring. The two sets of parents, the Steve Michaels and the Bill Graysons, seen on pages 126 and 128, each with a single child, confirm that this is the case. Informal comparisons with children in other families with siblings have indicated to them that their offspring are more advanced intellectually and socially. But they feel, too, that city living has contributed to some degree to this situation. In the closely-knit Three Person Household parents' time, help, interest, attention, and encouragement does not have to be shared or diluted with others. "Only children avoid the awful burden of jealousy and rivalry that may come with siblings," says Dr. Shaffer. "We know they tend to play more positively and easily with others." But only children also have an ability to play alone for hours and tend to be unusually self-sufficient as well as capable of intense, long spells of concentration. Dr. Mary Catherine Tyson, an internist with an only daughter herself, also agrees that the lack of siblings can be advantageous to a child. "In the best of families, parents favor one child over another. This reflects negatively on the other children's self-image, they get angry and sad."

Since the bond between parents and their only child is extremely close, Dr. Tyson thinks there's a possibility that parents can increase the chance of their child going o... to form good relationship... outside the family. "With on... child, you may have mor... time and patience to establis... a pattern of loving and givin... that a child can internalize an... make his or her own," say... Dr. Tyson. As for the lack o... companionship at an earl... age, she says, this can b... remedied by putting the chil... with others as soon as possi... ble. She sent her daughter t... nursery school at a very earl... age to ensure just this.

It would be foolish to imag... ine that the only child doesn'... face some potential hazards... There may be an inability t... separate from parents, a ten... dency to be asocial, perhaps... An only child is especially vul... nerable to sensitive situation... within the family. If parent... have arguments, for example... says Mrs. Kerstin Kupfer... mann, a supervisor at th... Psychological Center, Cit... College, New York, "an only... child gets the full intensity o... these." While there are re... wards for having an only... child, the parents' duties ar... also weightier, she points out... Aware and caring parents can... resolve most problems with... common sense, she reasons... Parents of only children tend... to be highly considerate of... their child's special needs. In... making attempts to counter... act disadvantages, they may... even turn the situation around... completely. As the children... grow older, access to all sorts... of cooperative activities can... be arranged. Lessons in skiing,... tennis, film-making, swim... ming, and so on can be... budgeted far more easily,... especially when there is only... one child to pay for.

With the number of parents choosing the single-child family lifestyle, the question of the effect on a society increasingly made up of numbers of only children becomes interesting. The negative stereotype of the singleton child has been debunked. Are we left with Superchild—and possibly, Utopia? While refusing to be over-optimistic, all experts seem to agree that the single-child family lifestyle offers a chance for being truer-to-self. And that it could ultimately produce a happier society.

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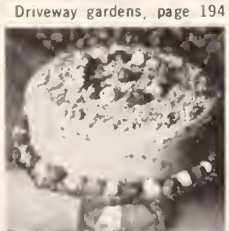
Going giving, page 158

Party decorating, page 170

Garden in sheets, page 188

House of ideas, page 190

Driveway gardens, page 194



Crunchy cheesecake, page 206

DECORATING, ARCHITECTURE, BUILDING

74 Apartment decorating
114 Home improvement ideas for the house fixer
170 Rooms that love company
186 A new slant on fabrics
188 Sheets for the garden life
190 Living with a treetop view

CHRISTMAS PRESENTS

91 House gifts for the discerning cook
100 Holiday wrap-ups. By Diana Lea
158 House & Garden's pick of the greatest looking, best working, presents this season, for everyone on your list
196 Make-ahead presents: Treats to give or serve at a homemade Christmas party

ENTERTAINING

110 Hostess notes: Invitations—the fun before you get there By Patricia Falzarano
178 Tables that love company

ANTIQUES

22 Questions & answers: Antiques. By Louise Ade Boger

FEATURES

12 Living. Edited by Paula Rice Jackson
46 Money matters. By Paul Gross
56 Electronic circuit. By David Lachenbruch
134 Auto suggestions: What's for '79. By Richard and Jean Taylor
157 Giving—to bring us together *(Editorial)*
184 Manners—the new reasons why old rules don't always work By Jill Robinson

WINE & FOOD

118 Good things from the pumpkin patch. By Elizabeth Schneider Colchie
138 Christmas cookies to make ahead and freeze
200 Meal in minutes
203 Pastry for parties
206 Holiday suppers, family style
208 Good spirits: Fluid forms of fauna and flora. By Henry McNulty

GARDENING

70 Plants around the house. By Richard Langer
80 Growing herbs and greens indoors. By Millie Owen
194 Up the garden drive
294 Gardener's notes. By James Fanning

BEAUTY AND HEALTH

28 Looking good, feeling fit: Looking forward to a longer life. By Beverly Russell

TRAVEL

144 Going places, finding things. Edited by Nancy Richardson Touring English country houses; St. Barts. By Jane O'Reilly; Christmas—where to go, trips to give

READER'S SERVICE

86 Dear House & Garden. By Margaret Morse
128 Store directory
230 Shopping information
236 Shopping around with Audrey Nichols
289 Catalogue checkpoint
296 Best in booklets

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BEA

On the cover: Country quilts, a lively chintz, and ripe red color bring an air of festivity to this living room. Geranium red walls look fresh against crisp white moldings an simple shuttered windows. Pillows are appliquéd with fragments from old quilts. Handmade stoneware and wild flowers add more color, more charm. Room design by Gary Crain. "Scotland" chintz from Brunschwig. Wild turkey decoy and covered basket from Kelter Malcé. Stoneware by John Copper, John Thompson Design Upholstered furniture at Bloomingdale's. Quilts from Collection Phyllis Haders, America Hurrah, Thos. K. Woodard, and Pat Sales Antiques. Cocktail table from Roundtree. Rag rug at The Gazebo. Pratt & Lambert paint. Shopping information, page 230

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This month: New buildings from old, books for birthdays, doctors go to school, around the world in 80 pages, design workshop

LIVING

SHEILA CAMERA

GARDEN ART

Salad burnet

With a name like salad burnet, it's pretty obvious what *Sanguisorba minor* is used for—and once you've tasted its nutty, cucumber-piquant leaves, not growing and tossing it becomes difficult. Actually its use in the past was much broader than the confines of the salad bowl. Brought from the Mediterranean to England and then to the Americas by the Pilgrims, it was particularly favored in making a non-Puritan cordial of considerable strength. Packaged thus as a drink-down, it preceded modern-day roll-ons and sprays as an antiperspirant by centuries. Infused in wine or beer, salad burnet also built itself a reputation as a reliever of gout.

A perennial best grown from seed, salad burnet likes sweet soil, so mix a teaspoon of lime in its pot before planting. Like most members of the rose family —of which salad burnet is the only one whose leaves, rather than fruit, are eaten —the plant likes its roots kept constantly moist. And put it in a sunny spot with lots of room, for the plant will easily grow over a foot tall.

As it grows, pinch back to keep the plant compact. The pruned-off leaves won't be enough for a salad unless you're a very light eater, but they are delicious mixed with cream cheese as a spread. And they're splendid for seasoning herb butters and vinegars.

RICHARD LANGER

EDWARD OLEKSA

Creative cookies

You'll never see the same shape when these free form cookie cutters are used. Each set has 9 shapes —hand, heart, face, cloud, triangle, circle, square, shell, and swirl. Any number of combinations can be used to create animals, characters, abstract designs. The cutters are made of nontoxic plastic with soft cutting edges on both sides. Available in white, yellow, red, blue; $4 per set or $15 for four sets in a gallon-sized glass cookie jar. At department stores.

Architect tour

The Grand Tour, an architectural journey to 100 of the world's most impressive buildings, has been announced. It's a series of 12 books, co-published by HBJ Press and Rizzoli. First stop: *Homes of Kings*, focusing on such wonders as Versailles and The Forbidden City. Each volume has a separate theme and is $14.95.

DEPARTURE POINTS

Guatemalan goldmines

Guatemala wears two faces in time—the present, an Indian culture reflected in its handcrafts, and the past, also Indian, reflected by such archeological sites as Tikal.

The colors of a Mayan market are striking: women in bright red *huipiles* (red to ward off evil spirits) and colorful wrap skirts tied with multicolored sashes; men in embroidered pants and brilliant shirts, also sashed. All are selling wall hangings, blankets, and blouses in reds, yellows, blues, greens. Often, the fruit market is nearby, with fresh strawberries, mangoes, and exotic fruits. Chichicastenango is the best known native market, and its special days are Thursday and Sunday. Other markets: Solola, Friday; Antigua, Monday, Thursday, Saturday; Guatemala City, daily. Remember, you're expected to bargain.

Afterwards, take a flight to Guatemala's past—Tikal, set in the Peten forest. Five temples dominate the main area and small structures extend for miles. Monkeys, quetzal birds, and tropical plants complete the setting. Stay at the Jungle Inn, and make plane reservations in advance (Aviatcca). *When to go:* November to May. *Where to Stay:* Guatemala City, centrally located, has many fine hotels.

CLAIRE SCHOEN

Mayan temple at Tikal, left; scenes from native marketplace, below.

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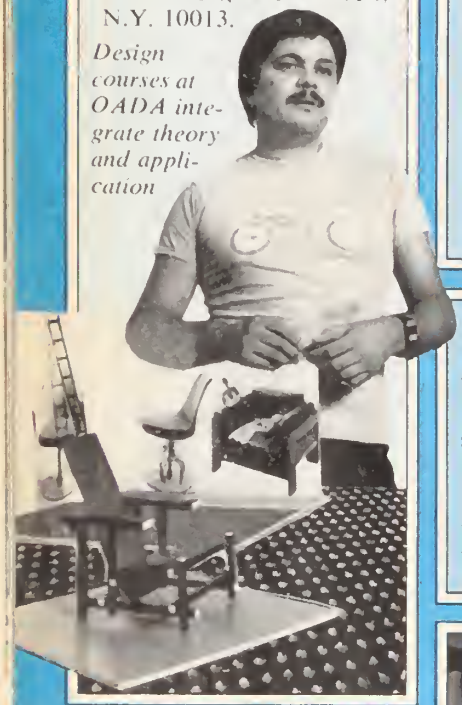
LIVING

PEOPLE

Design with expertise

The "atelier" or studio/workshop concept of learning interior design and architecture, basic to the Ecole des Beaux Arts in Paris, has come to America with the establishment of The Open Atelier Design and Architecture. Directed by Giuseppe Zambonini, former dean of The New York School of Interior Design, "OADA" offers courses with no more than 10 students per class. Learn about the theory of aesthetics and design plus woodworking, modelmaking. OADA, 11 Worth St., New York, N.Y. 10013.



Design courses at OADA integrate theory and application

JON NAAR

PET NEWS

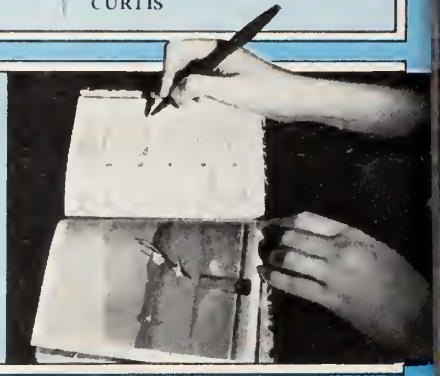
Jogging with your dog

Taking Towser with you when you jog these crisp fall mornings? According to Dr. Gary R. Bolton, canine cardiologist at New York State College of Veterinary Medicine, that should depend on whether Towser is a young, deep-chested fellow in good shape—say, a Lab, setter, pointer, boxer, standard poodle, or a hefty mutt. If you won't be running on pavement all the way (too hard on his foot pads), by all means leash him and take him along.

But if your best friend is a Peke, pug, cocker, or bull terrier, his short nose and soft palate are not made for a runner's breathing. If he's over ten years old or has a hip dysplasia, better leave him home. PATRICIA CURTIS

Keeping up on birthdays

This small book is called *The Birthday Book* and it serves as a permanent repository for all those days you want to celebrate. The Metropolitan Museum of Art has contributed colored plates for each page and the birth dates of some famous painters are included, too. $7.95, Harry Abrams. At bookstores, and The Metropolitan Museum of Art, 225 Gracie Station, New York, N.Y. 10028.



SCHOEN

Miniature showcase

If you happen to be in New York in early November, take a walk past Tiffany's. Its five windows will show rooms by some of the country's top interior designers, cast in miniature. They're small miracles of craftsmanship and love—living rooms by Albert Hadley, Angelo Donghia (*above*), Kevin McNamara, Vladimer Kagan, and a bedroom by Mario Buatta. The man who is making them is Edward Acevedo, a trained interior designer and miniature lover. He says that a project like this has never been done before because miniaturists usually try to reproduce specific periods. "These rooms reflect the way people live today. Every piece has to be made by hand, upholstered, then painted in a pattern to scale. One challenge was to do a Venetian mirror. I made it by pasting Mylar over thinnest cardboard, framing it with mirrored acrylic, and decorating the surface with tiny crystal seed beads. I love it!" You will, too. Tiffany & Co., 757 Fifth Ave., Nov. 4-25.

KAREN RADKAI

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LIVING

Preserving the past

GERALD PATTO

San Francisco University High School, left, recycled from garage, above.

Rehabilitate, recycle, revive. Finding new uses for good but outmoded buildings—perhaps the most practical way to preserve the diversity of our architectural inheritance—is a relatively new but rapidly growing movement that is revitalizing American towns and cities. In a fascinating new book, *Buildings Reborn: New Uses, Old Places* (Harper & Row, $25), Barbaralee Diamonstein gives a succinct but comprehensive survey of the recycling phenomenon, its history, problems, successes, and architectural, social, and economic impact. The 94 projects she discusses represent a wide variety of imaginative recyclings by individuals, communities, and businesses across the country. They include individual buildings—some of great architectural merit, others quite ordinary—neighborhoods, and whole towns. Several examples will be familiar to our readers—among them Historic Charleston (Sept. '74, Oct. '77) and New Harmony, Ind. (Aug. '77).

In conjunction with the book, a photographic exhibition, *Buildings Reborn*, organized by Ms. Diamonstein, will be circulated by the Smithsonian Institution Traveling Exhibition Service. It opens Oct. 6 at the Museum of Contemporary Art in Chicago; Dec. 11, Museum of the City of New York; and Apr. 13, Smithsonian's Renwick Gallery in Washington, D.C., additional shows to be announced.

DAN WYNN

Yogurt on the double

Here's a brand-new yogurt maker that's bound to keep even the most passionate yogurt-lover happy. It's called "Yogourmet" and it makes 2 quarts at a time. The maker has optional packets of freeze-dried yogurt starter, so anywhere you can take the maker you can have the yogurt. A 65-watt heating element allows you to reduce incubation time to a mere 4 hours. Classic white plastic maker also has an optional color-coded thermometer, so you know when the milk is ready to accept the healthful yogurt cultures. Makes yogurt and much more. About $60 by Rolmex Electro at department stores everywhere.

TANA HOBAN

Re-creative design

One of the greatest rewards in decorating is to make things work in a new and different way for your house. In *High-Tech* (Clarkson Potter, $27.50), a new book by design reporters Joan Kron and Suzanne Slesin, you'll discover how to put commercial and industrial products to use within your design scheme. Laboratory beakers become flower vases, metal lockers create storage spaces, and other items originally developed for use in factories, restaurants, and commercial activities can be turned into house helpers. Designed by Walter Bernard, with over 700 photographs and a 36-page buying guide.

HEALTH

Medical communiqué

A 30-month nationwide program aimed at teaching doctors and patients effective ways to treat stress—something that affects over half of all patients seen each year—has been announced by the Cornell University Medical College in New York. Television and radio programs, newsletters, films, and community lectures have been scheduled, plus a 3-hour closed-circuit TV program to be shown to 20,000 doctors in 26 cities. The program covers ten topics such as diagnosis of stress, alternative counseling techniques, doctor-patient communication, and developments in pharmacology. "Stress is defined as the ordinary and extraordinary pressure of life," says Dr. Theodore Cooper, executive editor of the 7-physician board for the project. "It is our concern to explore all aspects of drug and nondrug therapy as a means of treatment." Write STRESS, Suite 1900, 40 W. 57th St., N.Y., N.Y. 10019. CLAIRE SCHOEN

The Purist.

Perhaps you've noticed how many of your favorite products have been miraculously "improved" lately. They've been lemon-freshened, hyped-up with ingredients to make them last longer, changed into exotic shapes and colors. Purity and quality, those old-fashioned absolutes, have become harder and harder to find.

Take heart. There are a few stubborn purists still around. And when it comes to sensitive skin care, count us among them.

Neutrogena doesn't add new ingredients just to keep reviving your interest. And ever since the first bar of Neutrogena® was made by us, we have consistently bought the finest ingredients on the market to put in it. For example, our natural ingredients, like beef tallow, castor and coconut oils, bear the USDA Food Grade designation. And there are no artificial hardeners, coloring, or free alkali in our soap to cause possible skin irritation.

We don't crank out Neutrogena by the usual mass production methods, either. We make our soap the way you'd make a gourmet dinner because we're just as finicky about quality as you are. Individual batches are carefully controlled and "cooked" for six hours. During that time they're checked time and time again by our chemists.

All in all there are at least 20 separate tests for quality and purity during manufacture. And independent laboratories, adhering to strict FDA standards, have also tested Neutrogena eight different ways to make sure it's as careful with your face as it should be.

That's why so many doctors recommend Neutrogena. It cleans your skin thoroughly, but not drastically, leaving it immaculately fresh, but not dry.

We don't promise you miracles or magical ingredients or exotic fragrances. We don't make claims we can't live up to. All you get from us is a safe, pure, allergy-tested soap that has been so carefully screened and tested, it won't irritate sensitive skin if used properly.

Which Neutrogena for you? If your skin is sensitive, but otherwise normal, try original Neutrogena. If you're especially sensitive to perfumes, try Neutrogena Unscented. If your skin is dry and sensitive, try Neutrogena Dry-Skin Soap.

So if you've gotten a little skeptical of change for change's sake, consider The Purist. Neutrogena. We promise you, your skin will enjoy our old-fashioned approach to purity and quality.

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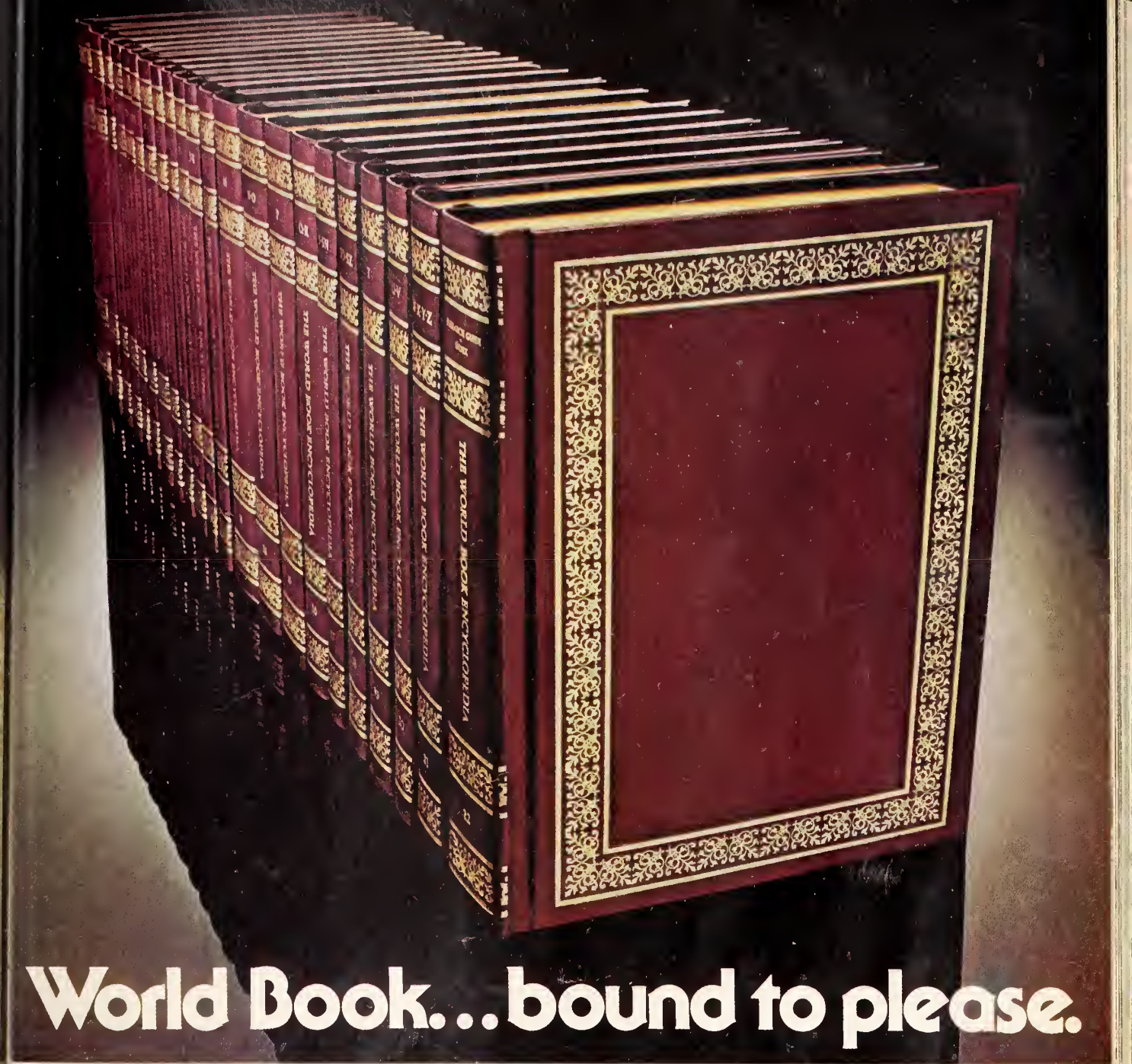

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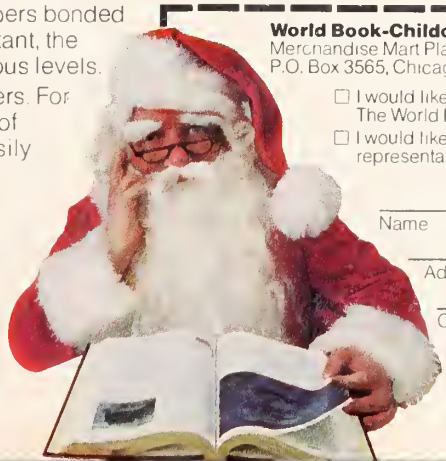

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By Louise Ade Boger

ANTIQUES
QUESTIONS & ANSWERS

Turn-of-the-century sofa

I have a very old sofa. From my photograph, can you tell me something about its style and when it was made?
S.V.N.S.—Fairfield, Conn.

The back panel of your settee is a mixture of two trends expressed in great quantities of furniture made in our country about 1900 for modest budgets. The asymmetry of the back panel demonstrates the spirit of Art Nouveau, while the simple geometrical, piereed ornament, comprising circles and straight lines, forecasts the Modern movement.

Stradivarius copy

On the inside of my violin is "Antonius Stradivarius, Cremonenfis, Faciebat anno 1714." Do I have a genuine Stradivarius? R.M.—Riceville, Tenn.

The Italian violin-maker Antonio Stradivari (1644-1737) is associated throughout his life with Cremona, where he brought the eraft of violin-making to its acme of perfection. By 1666, he had already begun to insert his own label on violins of his making. His Cremona pattern has been generally followed—the majority of violins since made, whether by good or inferior makers, are copies of Stradivari. From about 1880 into the early 20th century, thousands of violins were made in Europe by incompetent makers and sold by peddlars in parts of the U.S. and Canada. They bear a forged paper label pasted inside with the following inscription (in Latin, here translated): Antonio Stradivari, Cremona, Made in the Year 1714 (which is the year of one of his most famous violins, the Dolphin). Your violin is of this elass and is not a genuine Stradivarius.

Uncle Sam coin bank

On my old bank, the carpetbag on the base opens when the lever is pressed and the coin placed in Uncle Sam's right hand falls into it. At the same time, his whiskers start to move. Do you know anything about the bank's background? U.R.—Sarasota, Fla.

This popular and typical American meehanieal bank was originated by Peter Adams Jr. and Charles G. Shepard and manufaetured by the Shepard Co. of Buffalo, N.Y. The design patent was issued June 6, 1886 and the regular patent November 16, 1886. When the J.&E. Stevens Co. of Cromwell, Conn. bought the Shepard line of banks in 1892, Uncle Sam beeame a Stevens property.

German pitcher

From my sketch, can you tell me who made my unusual pitcher and about how old it is? T.T.S.—Reading, Pa.

Your novelty pitcher was made at a German porcelain faetory started at Tettau in 1794 with speeial privileges (henee the Priv. 1794 in the mark). Your mark was used around the turn of the 20th eentury. The factory is still active.

Continued on page 26

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Monday's child is fair of face...

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Plates shown less than actual size of 8 ½ inches in diame

Tuesday's child is full of grace

Wednesday's child is full of woe

Thursday's child has far to go

Friday's child is loving and giving

A lovable little collection in fine porcelain:
seven captivating collector's plates inspired by the familiar rhyme.
Each plate bright with a charming original work of art, and elegantly
hand-embellished in 24 karat gold.

rictly limited edition.
dvance subscription deadline
ovember 25, 1978.

ONDAY'S CHILD is fair of face...Tues-
ay's child is full of grace...so goes the old
yme, through the days of the week. Now
e charming lines of this delightful and
ell-loved verse have become the inspira-
on for a distinctive collection of porcelain
lates, to be issued exclusively in limited
dition by Franklin Porcelain.

The original works of art created solely
r these plates by the outstanding young
nglish artist Caroline Ebborn portray, one
one, the seven days of the rhyme. A
ifferent plate for each day of the week.
nd in the artist's imaginative interpreta-
on, each day's "child" is symbolized by an
ngaging little baby animal.

Seven beautiful plates...seven lovable animals

londay's child, so fair of face, is the prettiest
f kittens, preening unashamedly before a
ourt of feline admirers. Tuesday's child is a
raceful little fawn, elegantly long-limbed
nd naturally delicate of movement....
hese charming and irresistible creatures
olic their way through the week, each one
he star of one of the seven beautiful plates
hich make up this unique and utterly de-
ghtful collection in fine porcelain.

Just look at the winning little creatures
Caroline Ebborn has created—Saturday's
ndustrious squirrels, busily gathering nuts
or their winter hoards; Wednesday's woe-
egone puppies, with their floppy ears and
ad brown eyes—enough to melt the
ardest heart. Or look at Friday's friendly rabbits hopping merrily, ears a-twitch, amid the meadow flowers. Enjoy the highly decorative nature of Caroline Ebborn's talent, combined with a lightness of touch which is perfectly suited to the design of delicate works in fine porcelain. Feel the tender affection of her work, exquisitely executed in a palette of colors ranging from vivid tones to delicate pastel tints. And admire the clarity and detail of each image—from the leaf-patterns on the trees of the Thursday plate...to the jewel-bright butterflies cheerfully fluttering around Wednesday's adorable puppies.

Hand-embellished with 24 karat gold

An intricate border encircles the center of each plate—a different one for every day of the week: a bevy of ladybugs on Wednesday, a miniature forest of acorns on Tuesday, a chain of lovely flower buds for Friday... exuberant, colorful, each one a work of art in itself. And, there is one final touch of perfection: around the rim of each plate, a band of 24 karat gold skillfully applied by hand, to enrich and enhance the entire collection.

Each plate will bear on the back the signature of the artist, along with the appropriate line of the "Monday's child" rhyme. Also included will be the Franklin Porcelain mark, an assurance of the high quality and craftsmanship on every plate in the collection. For these beautiful plates will be superbly made in Japan expressly for Franklin Porcelain.

Having satisfied yourself of the charm and beauty of the design, you need only run your finger over the glaze to feel its rich smoothness; to weigh the plate in your hand to enjoy the perfect balance and molding; or to shift it under the light to gain the full effect of the opulent rim of 24 karat gold, so deftly applied. Such scrutiny will prove to you at once that the artist's lively imagination is well matched by the skills of the fine craftsmen who have created the plates.

A strictly limited edition

This unique and charming collection will be available *only* in strictly limited edition, and can be obtained *only* by direct application to Franklin Porcelain. This is the first announcement of the collection, and the advance deadline for subscribing is November 25, 1978. A final announcement will be made in March 1979, after which the edition will be closed forever. After the collection has been issued to subscribers, no other plates will ever be created, ensuring that the total size of the edition will never exceed the number of eligible applications received postmarked by the final closing date.

The charm and beauty of this unique collection make it irresistible as a gift for a daughter, a niece, or a granddaughter—regardless of age. And because each plate is a work of beauty and lasting quality, the collection has all the makings of a true heirloom of the future—a possession to be prized and thoroughly enjoyed by succeeding generations.

Or you may decide to acquire the collection as that most delightful indulgence, a present to yourself. For just to catch sight of one of these captivating plates will brighten your day: while displaying all seven in your home would be a source of constant delight. So that you may do so, every plate will be accompanied by its own display stand.

But please note that, to acquire this superb collection, you must mail the advance application below to Franklin Porcelain, Franklin Center, Pennsylvania, by November 25, 1978.

Saturday's child
rks hard for a living

And the child that is born
on the Sabbath day is bonny
and blithe, and good and gay

ADVANCE SUBSCRIPTION APPLICATION

The Days of the Week Porcelain Plate Collection

Must be postmarked by November 25, 1978.
Limit: One set per collector.

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Please enter my subscription for one complete set of The Days of the Week Porcelain Plate Collection.

I understand that I will receive my plates at the rate of one a month, and that the official issue price of $45.* per plate includes individual display stands for all seven plates. I further understand that I need send no money now and that I will be billed for my first plate when it is ready to be sent to me.

**Plus my state sales tax*

Signature _____
ALL ORDERS ARE SUBJECT TO ACCEPTANCE

Mr./Mrs./Miss _____
PLEASE PRINT CLEARLY

Address _____

City, State _____ Zip _____

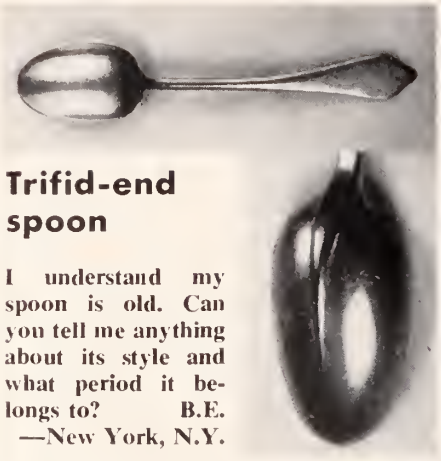
ANTIQUES

continued from page 22

Lunéville tureen

Can you determine from the mark how old my tureen is and by whom it was made? Also, what does the term demi-porcelain refer to? D.S.—New York, N.Y.

Wares marked demi-porcelain or semi-porcelain possess some of the characteristics of porcelain; the most important one they lack is translucency. A faïence manufactory was established at Lunéville in 1731 by Jacques Chambrette, and after changes in ownership and some expansion, the Lunéville potteries were sold in 1788 to Sebastian Keller and Cuny, later Keller and Guérin, whose descendants continued to conduct them throughout the 19th century. Your mark includes the country of origin, France, which indicates your tureen was made some time after 1891—perhaps about 1900.



Trifid-end spoon

I understand my spoon is old. Can you tell me anything about its style and what period it belongs to? B.E. —New York, N.Y.

The pattern of your spoon, having a handle-end cleft into three parts, each of which turns toward the face, was introduced in English silver after the restoration of the monarch in 1660. In this new type, known as the trifid-end pattern, the lower part of the handle is continued to a length which extends more than halfway down the back of the bowl. The purpose of this so-called rat-tail is to strengthen the handle. Your pewter spoon of English provenance probably dates about 1790.

Seth Thomas clock

I know I have a Seth Thomas clock and that it was patented Feb. 15, 1876, because it is so labeled. What else can you tell me about it? J.W. McP.—San Luis Obispo, Calif.

You have an office calendar #8 wall clock made by Seth Thomas during the 1880s. In 1884, this clock retailed for $90. At this price, production must have been limited. The calendar is perpetual and was patented in 1876 by Randall T. Andrews Jr., a grand-nephew of Seth Thomas. The ornament placed on the apex of the pediment is missing.

English watch case

Can you tell me what my green-velvet lined box was used for and anything about its origin?

A.G.—New York, N.Y.

Your small box, veneered with burl walnut and banded with rosewood and with a brass molding around the lid, is a man's watch case. Well-designed and of fine workmanship, it was made in England, probably about 1830.

Antiqueries

Copies of Louise Ade Boger's book, *House & Garden's Antiques: Questions & Answers* which contains more than 900 items chosen from past columns, all arranged by category for easy reference, can be purchased for $11.95 a copy, plus 45¢ to cover the cost of postage and handling. To order, please write to: Condé Nast Books, Post Office Box 3308, Grand Central Station, New York, N.Y. 10017, enclosing your remittance and correct mailing address.

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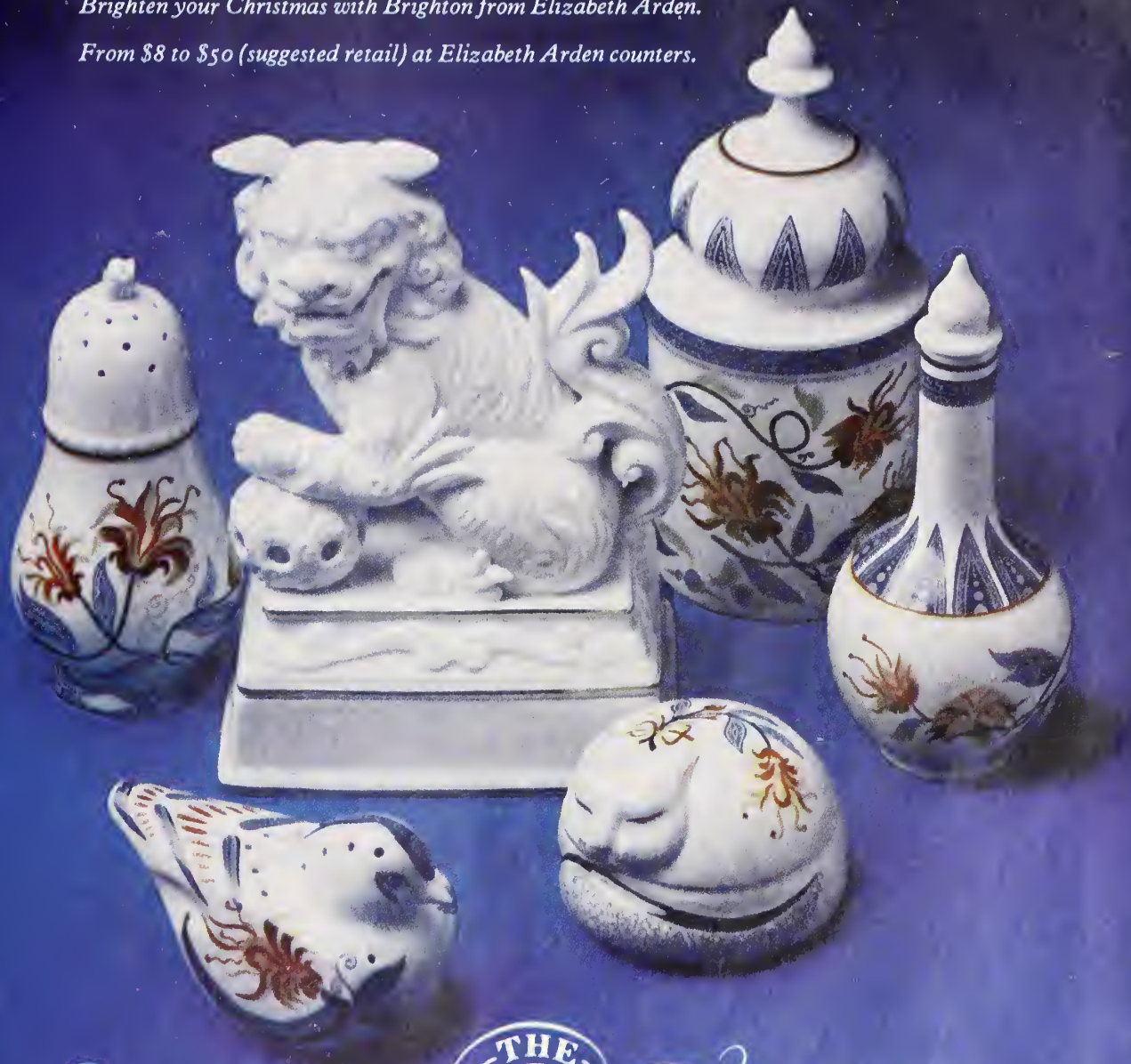

THE
Royal Pavilion at Brighton

Elizabeth Arden

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LOOKING GOOD
FEELING FIT

Looking forward to a longer life

A round-up of the latest medical techniques for extending life—vitamin therapy; nucleic acid intake; diet and exercise; oxygen maintenance; adjusting the immune system; gene manipulation

By Beverly Russell

Research now in progress indicates that life extension and control of the aging process, resulting from the discovery of DNA (deoxyribonucleic acid), will be the next scientific leap forward. Some scientists believe we may be on the verge of doubling our age potential—that living to 120 or 140 may well become the norm for future generations. And that major breakthroughs in stalling the aging process and death could happen within the next five to ten years.

In the beginning you were one single cell, which then began to divide and form a cluster of identical cells. Next a program was activated which caused all your cells to differentiate, becoming specialized for specific functions, such as muscle, bone, eyes, and forming the complete array of organs that make up the incredibly complex human body.

During the pre-birth stage and for your first twelve months, all cell types have the capacity to divide and reproduce themselves. "But around the age of one year," explains gerontologist Dr. C.A. Everone, director of the Life-Extension and Control of Aging Program at the Foundation for Infinite Survival, Berkeley, Calif., "another program is activated and certain cell types are switched off. They lose the ability to divide and remake themselves, and begin to age though this is temporarily masked because all cells continue to grow larger."

Around age 18, when the growth process is finally turned off, you enter a plateau or glide pattern until 30, says Dr. Everone, but from then on you get into the downward descent, and all cells degenerate in sequence until you reach a finite point of nondivision. Dr. Everone believes that nondividing cells accumulate metabolic waste and become vulnerable to disease and damage. "It is this process that speeds or causes death and fixes the lifespan at a maximum of about 90-100 years. If degeneration did *not* occur, neither would chronic disease."

This idea of cell degeneration has been called our "biological clock" by Dr. Leonard Hayflick, professor of Medical Microbiology at the Stanford University School of Medicine. He, like many biologists, believes that determining the cause of degeneration and finding a pattern of regeneration, or slowing the biological clock, may in fact be the secret to life extension. Researchers are now working on several methods in an attempt to achieve this.

Vitamin therapy

In some laboratory experiments, cell degeneration has been halted by vitamin E treatment. At the University of California, Berkeley, Dr. Lester Packer with Dr. James Smith found that vitamin E dosage promoted vigorous cell division without abnormality. Moreover the cells were still dividing vigorously when the experiment was terminated. Dr. Denham Harman, president of the National Institute on Aging, went further, testing the vitamin E dosage on mice. He found it could increase their lifespan by 26 percent. And then Dr. Richard Passwater took up the challenge. He was able to increase the lifespan of mice to an incredible 166 percent with vitamin E, silenium, and sulphur amino acids—all of which are found in Brewer's yeast.

Singing can be oxygenating and life-extending too

Vitamin C has also been under the microscope. Dr. Albert Szent Gyorgi, who discovered ascorbic acid—vitamin C—40 years ago, concludes in his latest paper that this is the agent which enables protein to be transmitted to the cell as oxygen. The more ascorbic acid available, the better the protein will work, he says. And the healthier and livelier, presumably, each cell.

In New York, psychotherapist Dr. Bernard Green has had remarkable results with vitamin therapy to slow up or halt aging, though he is quick to emphasize that it is only recommended in conjunction with a healthy diet (no sugar, junk food, white flour, coffee), exercise, talking-it-out. One of his patients, Mrs. Eleanor Bernard, can hardly believe the personal revitalization that she has experienced. At 70, she can walk 70 blocks at a stretch without tiring, and swim twice a week. She has coped with widowhood, beginning a new and happy social life, traveling, enjoying lectures and concerts.

"I have extended life in a way I never believed possible. When I first decided to get medical help, I was old in body and mind. I was constantly depressed and spent most of my time in bed. Through treatment I learned to erase the past, live in the present and formulate the future." Mrs. Bernard starts every day with a pre-breakfast pep-up drink: 1 teaspoonful Brewer's yeast, 1 teaspoonful yeast flakes, 1 teaspoonful of protein powder, mixed with half a cup of milk and half a cup of grapefruit juice. To maintain vitality, she takes 400 international units of vitamin E, 500 milligrams of niacinamide, 2 tablets of vitamin B complex 100 and 2500 milligrams of vitamin C. Isn't so much vitamin C toxic? Dr. Green replies: "Linus Pauling, twice Nobel prize winner, takes up to 10,000 daily. Szent Gyorgi found that 1,000 daily was insufficient for him at age 84. When he went up to 8,000 milligrams he regained his strength."

While the vitamin dosages are varied, Dr. Green's treatment is more or less the same for young and old with insistence that the holistic health program includes diet, exercise, meditation, and talking-it-out. All are essential to restore the body.

Nucleic acid intake

Research by Dr. Benjamin Frank, a clinician in biochemical therapy and author of *Nucleic Acid Nutrition and Therapy* (Rainstone) and *Dr. Frank's No-Aging Diet* (Dial), has theorized that cell degeneration, which occurs when the aging cells slow down their production of DNA and RNA (ribonucleic acid), can be averted by high intake of nucleic acid (essential in building energy) to replace that no longer produced by the cells.

Dr. Frank has had success rejuvenating patients with nucleic acid-rich diets, at times in combination with nucleic acid extract injections.

Dietary sources of nucleic acid are: sardines, liver, salmon, fish in general, beans, spinach, cauliflower, green and leafy vegetables.

Diet and exercise

But for every medical expert who believes in vitamin therapy or nucleic acid diets, there is one who doesn't. Nathan Pritikin, director of the Longevity Research Center and Clinic, is definitely against. He has formulated an optimal diet with very low fat content and concentration of complex carbohydrates—"food as grown"—which he believes, if

Continued on page 30

Top to bottom: Forget-Me-Not Bar Pin $40, Rose Stickpin $11.50, Mosaic Opal Stickpin $30, Heart with Austrian Crystal Stickpin $15, 14Kt. Rose Earrings $40 (for pierced ears only), Rose Bangle Bracelet $27.50, Captured Jade Bracelet $55, Rose Bracelet $70, Mosaic Opal Pendant $30, Captured Jade Pendant $17.50. In fine leatherette gift cases.
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continued from page 28
followed from an early age, can result in anyone living to be 100. Interestingly, Pritikin had no formal medical training, though his nutritional research is highly regarded by physicians across the country today and his papers have been published in the *Journal of Applied Nutrition*. He began his career as an inventor, engineer, and scientist. "Nutrition and degenerative diseases have always been my avocation, and for the last 40 years, I have been studying the medical literature. But about 20 years ago when I experienced a coronary insufficiency, the abstract statistics became real. I was able to develop my own therapy based on my research."

Patients at his Santa Monica clinic (he treats them from 12 years up) check in for 26-day visits at a cost of $3,100. Diet, combined with exercise, elimination of all medication, restructuring of lifestyle, compose a program which seeks to prevent typical degenerative problems—cardiovascular including angina, hypertension, claudication (insufficient circulation to the legs), diabetes, gouty arthritis, and to some extent rheumatoid arthritis.

The diet consists of whole grains, legumes, tubers, vegetables, and fruit. Fish and fowl are allowed in small amounts, protein is derived from non-animal sources, with the exception of skimmed milk and skimmed milk cheese. Only the whites of eggs are eaten. Sugar, honey, molasses are banned, as are alcohol and caffeine (coffee, tea, cola, etc.), and all tobacco and drugs. Cholesterol is less than 25 milligrams a day compared with the American average of 600 to 750 milligrams, salt less than 4 grams, compared with the average 10 grams. Pritikin believes the high carbohydrate diet has been both maligned and misunderstood. This is the diet followed by people in "developing" countries where life potential is considerably longer than ours, and Western degenerative diseases, heart problems, and cancer are less frequently experienced. "What I've done is not original. I've simply taken the diet of these countries and modified them for the American taste. It's not experimental, it's something that's already been tried and its works." With this nutritional regimen, you can eat as much as you like and you'll never gain weight—and vitamin supplements are unnecessary. "I haven't had a cold in 15 years and I've never taken supplements. I'm 63 and my wife and I both go on 10-mile runs," says Pritikin.

According to recent experiments, reducing body temperature can influence the process of aging

Remarkable results have been seen with almost 2,500 participants at the Longevity Center. One case is Mrs. Eula Weaver, who when first treated there at the age of 81 was only able to walk 100 feet. Two years after being on the Pritikin diet, she began to jog and today at 89 is a regular participant in Senior Olympics track events, running 1-mile and half-mile races. Such is her energy that she is now training for 2-mile events.

Oxygen maintenance

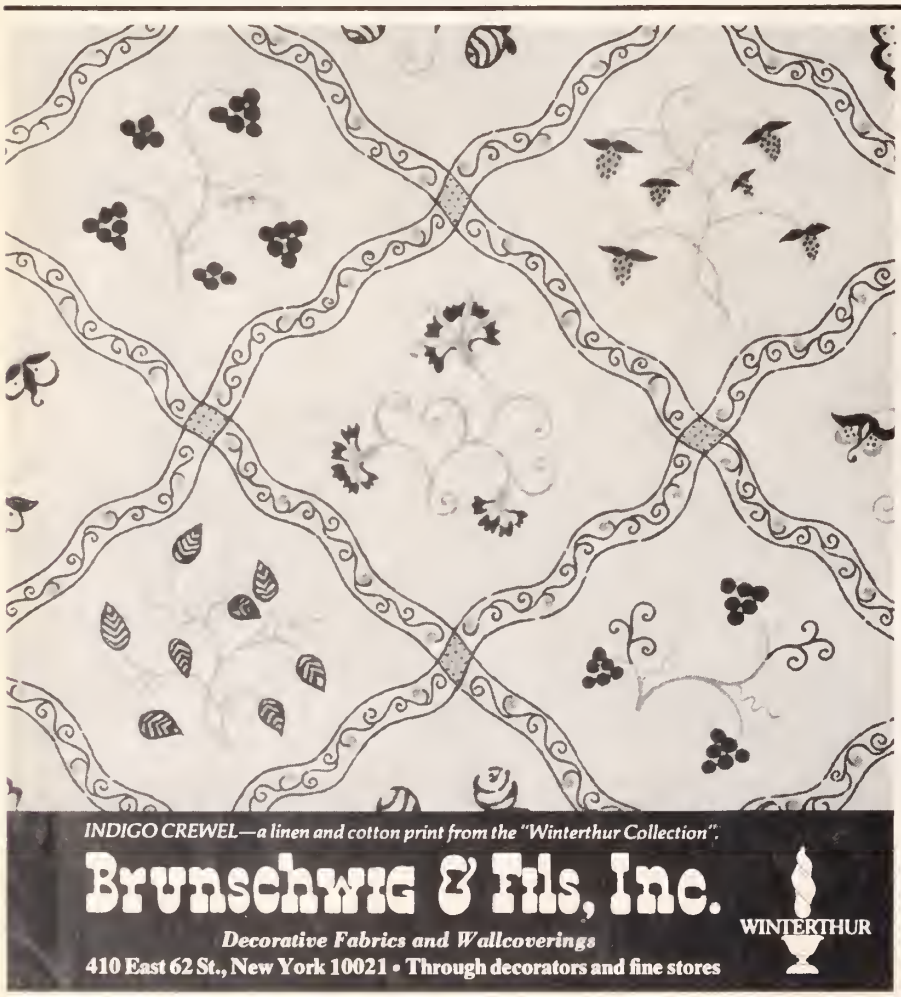
Today, it is generally agreed that oxygen is a key factor in regeneration of cells, and conventional athletics are not the only way of getting it. Orchestral conductors, for example, have been noted for longevity. Leopold Stokowski was over 95, and still working, when he died. Moving the baton vigorously above the head is thought to promote good health and vitality. Hippocrates believed walking is man's best medicine. Walking has been tried for serious heart problems, and cardiologists have found that the heart can develop its own repairs by growth or new artery branches around the damaged one. A good healthy walk would be 1 mile, at a speed of 3½ miles per hour.

Singing can be oxygenating and life-extending too. In Chicago, singing teacher Mrs. Anna Boynton still maintains a group of 12 students at the age of 89—and has the vitality and strength of a woman 20 years her junior. "My one complaint at this point is that I now sing bass when I used to sing soprano," she says with a relaxed laugh. Mrs. Boynton, a widow for 25 years, lives alone, does all her own cooking, travels to New York twice a year to see her family, and is healthy "except for a bit of arthritis in my knees. I've never taken vitamins. I eat carefully and rest when I feel like it."

Adjusting the immune system

According to recent experiments, reducing body temperature can influence the process of aging. Roy Walford, professor of pathology at UCLA, is quoted in the *UCLA Monthly* as saying that if we could turn down our thermostat

Continued on page 32



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LOOKING GOOD
FEELING FIT

continued from page 30

(located in the brain) "we would greatly prolong life with probably no influence on mental or physical functioning." Professor Walford's other research has given rise to the possibility that *underfeeding* can also prolong life, as it has in animals. He believes that a good way for people to slow down the aging process would be to eat a high nutrient, low caloric diet, but to eat only every other day.

Both the cooling-down and underfeeding techniques involve our immune system, one of whose main functions is to recognize what is foreign to the body and reject or destroy it. "With age, the ability to distinguish between the self and the non-self blurs," says Dr. Walford. Both these techniques probably affect the body's immune system in terms of preserving it.

Gene manipulation

Genetic research is coming up with all sorts of new possibilities for our bodies, and Professor Walford, with his colleague, associate professor George Smith, has been able to fix our lifespan-altering genes precisely on the genetic map. Would it be possible to alter these genes so that our lives could last indefinitely? The experts are not saying so, but experiments into recombinant DNA and other genetic procedures leave open the possibility that in theory, at least, old age could become obsolete.

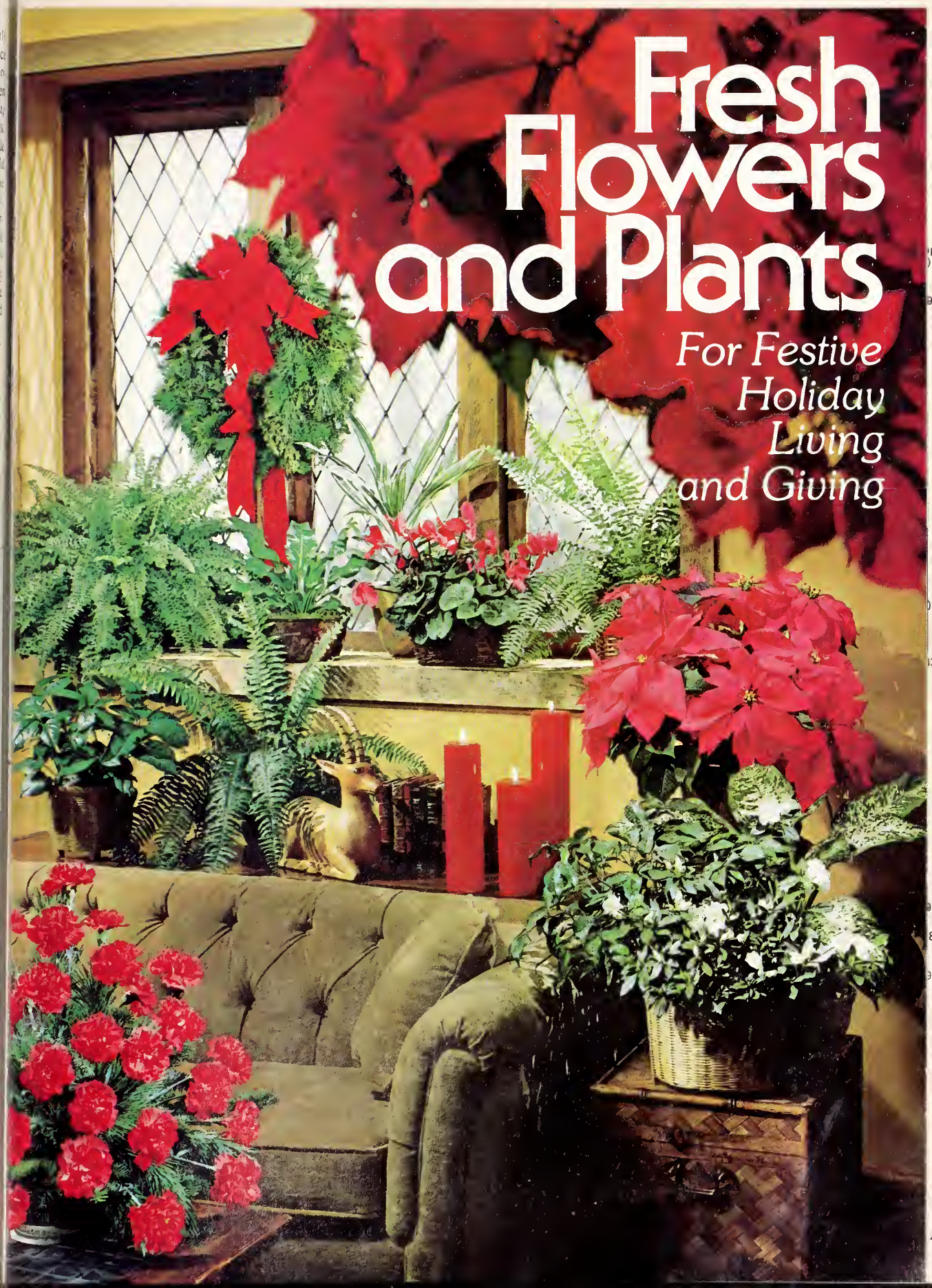
New life challenges

Certainly it's not just what you eat and how mobile you are that promotes life extension, but what you do and how you do it. We are fortunate to be living in a time when change is applauded. Psychologists tell us reaching out for new experiences is healthy and there is now a trend to more variegated life patterns —in marriage, career, travel, and leisure. It is becoming acceptable and even praiseworthy to alter direction in work. Harvard's Erik Erikson has taught us it is natural to feel dissatisfied at mid-life, between 35 and 40, and to face upheaval if necessary. It can only lead on to better things, feeding back renewed energy, vigor, and mental agility. Studies show that many people who make mid-life career changes break away from a sedentary, cerebral type of activity, to a more physical, tactile one, thus activating unused skills and renewing energy.

What, it may be asked, are the common factors that have revitalized a depressed widow of 70, an arthritic invalid of 83, and an 89-year-old singing teacher?

Clearly, each situation has its own individual characteristics, but a certain pattern seems to emerge. In all cases there is a strong determination "to do

Continued on page 78


Fresh
Flowers
and Plants
For Festive
Holiday
Living
and Giving

continued from page 30

Put The Bloom On Christmas

The natural beauty of fresh flowers and plants is the ultimate touch of magic for an already-exciting holiday season. Plan to include seasonal decorations throughout your own home. Then, when you want a gift that's super-special, look to our variety of plants and flowers that will express your Christmas wishes so well.

What you see here is only the beginning! Custom designs are always available, made up to your special preferences. Your floral Christmas gifts can be wired to cities around the world. Ordering is as easy as picking up your phone.

The freshest plants and flowers the market affords are the only kind we make available to you. This, combined with our always-professional service, is our guarantee of satisfaction.

Right JH 78-1
A use-again basket filled with evergreens and Christmas-red carnations accented with a twinkling candle—a perfect gift or decoration

Below: JH 78-2
Blue-green juniper with natural berries and cones form a background for white carnations in this distinctive holiday arrangement for an occasional table.

Below: JH 78-3
Dramatic frosted branches, crimson carnations and evergreens surround a red pillar candle in this arrangement designed to shed a friendly glow. Perfect for a buffet!

Make It Festive:

Make It Flowers

Have you noticed? When something beautiful is happening, flowers and plants are usually part of the scene! They underscore our holiday traditions of hospitality, generosity and warm friendliness.

Greet holiday guests with fresh flowers and plants chosen especially to say, "Welcome!"

When you become the guest, a gift of flowers, greens or a plant says, "Thanks so much!"

A quiet holiday at home can enhance family togetherness when flowers and plants are part of the surroundings.

Flowers and plants communicate long distance in their own unique way when you wire this living greeting to family and friends.

JH 78-4
This unique arrangement is composed of long-lasting naturals: evergreens, juniper berries, lotus pods, cones, holly and a manzanita branch.

JH 78-5
Long-needled pine sprays and other greens provide a holiday backdrop for yellow roses, accented with natural pine cones.

continued from page 30

Christmas In Full Bloom

Experienced hostesses know flowers are as important to a convivial party atmosphere as the food and drink. Whether your plans are for a casual post-caroling supper, a brunch, tea, cocktail party, formal dinner or "easy-come, easy-go" open house, flowers will help you say, "Welcome!"

Our imaginative designers only need to know the theme of your party and the setting. They can create a centerpiece, a topiary fantasy for the entryway, arrangements for the mantel, buffet and occasional tables, even individual place settings as take-home gifts. For *all* those special times during the holidays when your home is a hospitality center, just call on us!

Opposite, top: JH 78-6
This popular "tree" of carnations and holly is a fine gift choice for a convalescent, an apartment dweller, an older friend, or anyone who lacks space for the traditonal tree.

Opposite, below: JH 78-7
Our version of a White Christmas to accompany fine dinnerware and sparkling conversation—showy, snowy carnations and mums interspersed with greens.

Above: JH 78-8 and JH 78-9
A traditional wreath of greens and a harmonizing arrangement: two Christmas ideas from our holiday showcase. Come in; see these and so many more for yourself.

Right: JH 78-10
Giant gerbera daisies and ribbons add a colorful touch to an arrangement of evergreens.

continued from page 30

Deck Your Halls...

. . . with "boughs of holly," and with wreaths, garlands and mistletoe, too. 'Tis indeed the season to add holiday trims to doors, staircases, windows and mantels in your home.

...And Theirs

As gifts, holiday trims are a season-long reminder of your holiday wishes. We have many ideas for you, from traditional Christmas wreaths to the "something wonderful" you want for special people and special situations. Plan to order at least 10 days before Christmas so we can send your span-the-season gifts early.

Above left: JH 78-11
Berries, shells, greens and ribbons are spaced down a macramé door hanging—only one of the many exciting ideas we have for your home.

Above right: JH 78-12 and 78-13
A dramatic, yet simple window garland of evergreen becomes a beautiful frame for a fragrant table arrangement of candles and greens.

Left: JH 78-14 and JH 78-15
A traditional wreath of greens, individualized with lotus pods, and a small wicker basket arrangement to match. Send the two as a duet of Christmas greetings, or separately.

The Gifts That Grow In Beauty

Vigorously healthy plants and the freshest of flowers available are the only kind we buy for our customers. As specialists, we are concerned with your maximum enjoyment of our flower and plant materials. Whether your selection is a foliage plant, a flowering plant or a glorious bunch of fresh flowers, you can be assured that the quality is tops when it leaves our shop carrying your card.

Top: JH 78-16
A sure-fire gift success of roses, pompons and greens. For your convenience, we deliver locally and wire world-wide. All orders are holiday packaged with your card attached.

Right: JH 78-17
A preview of spring in a garden basket: an unexpected Christmas gift that's sure to be remembered.

Below: JH 78-18
Gift plants for your personal selection: poinsettias, mums, azaleas, cyclamens, foliage plants, hanging varieties and many more. All selections will be Christmas wrapped.

continued from page 30

For the season of sharing. . .

Fresh Flowers And Plants

The open-hearted Christmas season is just the right time to let flowers and plants do the talking for you. We invite you to make our shop your happy holiday "living and giving" headquarters. Our service—in the spirit of the season—is warm, friendly and caring. You'll be glad you chose our flower shop as a gift source without compare!

Above: JH 78-19
A gift with a totally natural look, from the shallow basket to the greens, cones and Christmas tapers. Shop the easy way: buy several!
Right: JH 78-20
A dish garden of lovely plants accented with holiday touches—always a special Christmas gift!

Put the bloom on Christmas in your home and for everyone on your gift list with freshness, flair and beauty. This idea-filled portfolio shows you the way! Begin by checking the list opposite to find the name and address of a top flower specialist in or near your community. Drop in to pick up the finest flowering plants, wreaths, bouquets, arrangements of greens, and topiary delights. If you're planning major home-wide decorations for holiday entertaining, call for an appointment. Your local flower specialist will be happy to help you plan the most effective ways to "deck your halls" in this jolly, warm-hearted season.

Your Holiday Headquarters for Gifts and Decorations!

CALIFORNIA

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Alhambra Florist
601 East Main Street (91801)
213/284-3231

ANAHEIM
Designs by Marjorie
320 S.E. Euclid (92802)
714/772-9254

BAKERSFIELD
Mt. Vernon Florist
1519 Mt. Vernon Avenue (93306)
805/871-7511

Westchester Flower and Gift Shop
2915 F Street 93301)
805/327-3886

BEVERLY HILLS (LOS ANGELES)
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HAWTHORNE (South Bay)
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714/454-0146

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320 Magnolia Ave. (94939)
415/924-0803

LONG BEACH
Pawsons Flowers
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213/426-6996

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1801 North Western Avenue (90027)
213/466-7373

OAKLAND
J. Miller Flowers - Mary Lee
4416 Piedmont Avenue (94611)
415/658-0613

OCEANSIDE
Oceanside Florist
1001 South Hill Street (92054)
714/722-1159

ORANGE
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45 City Plaza South (92668)
714/634-8186

PITTSBURG
Pittsburg Florist
688 Rail Road Avenue (94565)
415/432-6553

POMONA
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1677 North Garey Avenue (91768)
714/622-9840

REDWOOD CITY
Old Mill Flower Shop
1025 El Camino Real (94063)
415/369-7311

SACRAMENTO
Rust Florist
5140 Folsom Blvd. (95819)
916/452-4527

Wiegman's Sacramento Floral Co.
5715 Stockton Blvd. (95824)
916/452-5888

SALINAS
Swenson & Silacci Flowers & Gifts
90 West Alisal Street (93901)
408/424-2725

SAN CLEMENTE
Barretts Orange County Florist
143 Del Mar (92672)
714/492-5702

SAN DIEGO
Anita's Flowers and Gifts
1122 Garnet Street (92109)
714/270-5400 - 714/276-4121

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491 Saratoga Avenue (95129)
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Gaeta's Flowers & Gifts
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SANTA CLARA
Woodward's Flowers
2644 Homestead Road (95051)
408/248-6443

SANTA MARIA
Trick's Florist
703 East Main Street (93454)
805/922-2188

SUNNYVALE
Sunnyvale Florist
1022 West Maude Ave., Suite 103
408/736-1515 (94086)

TUSTIN
Tustin Florists
1088 East Irvine Blvd. (92680)
714/544-6650

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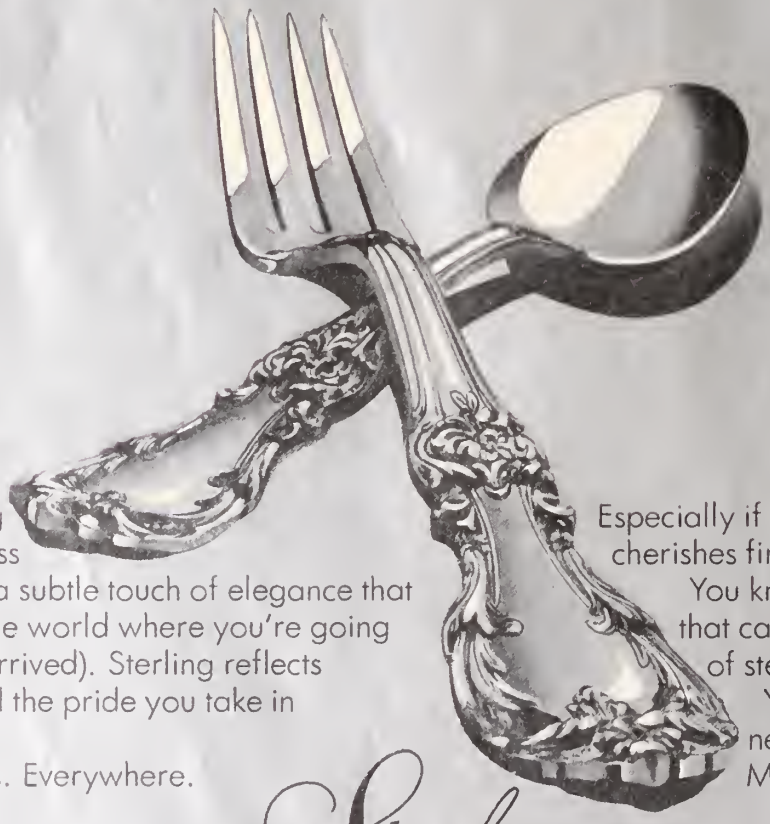

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MONEY MATTERS

By Paul Gross

The gift of giving

How you save tax dollars by making contributions to charities, setting up charitable trust funds, or giving away part of the art works you own.

"It's more blessed to give than to receive" and "Charity begins at home" are not as contradictory as they might seem at first. Thanks to the way our tax code is written, giving to charity gives you some blessed tax relief. Aside from the spiritual or psychic benefits you get from giving away money, when you give something deductible, you are in essence supporting a cause you believe in, rather than letting the government spend your tax dollars on something you don't believe in.

In addition to reducing income taxes, giving to charity can save your estate some taxes—leaving more for your heirs. In some cases, a charitable contribution can even help reduce your property taxes. What's more, there are ways to make contributions that give you a handsome income as well. The sweet part of it all is that if you can make contributions now at the end of the year, you can lower the year's tax bill. Here's a quick guide for givers.

You can deduct the current fair market value of any gift you make to a charity or church recognized by the IRS. If it's not recognized by the IRS, you won't be able to make a tax deduction for it. You can find out if the IRS considers a church or charity bona fide by looking it up in the IRS Master File (publication number 78) or by calling your local IRS office.

Whenever you make a contribution, be sure to get a receipt for it. If you are ever audited, you'll need this proof. If you use a credit card, which some charities and churches now accept, simply keep a copy of the receipt. By the way, charge cards give you a neat last-minute tax break. You can deduct a charge contribution made in December, even if you pay your bill next year. If you give something other than cash, make sure that you get a written description of what you contributed as well as a receipt. If the item given is valuable, get

Continued on page 50

Fractional gifts

Amazing as it may sound, you can give away half or two-thirds of a painting or a sculpture, gain an income tax deduction and still enjoy the art work for at least part of the year. Let's say you own a Picasso that's worth $30,000. If you gave your favorite museum half the painting (a 50 percent interest in it) you would be able to take a $15,000 deduction for the year you gave away the interest. What's more, you would still be able to keep the painting for six months of every year. And that's providing the museum is anxious to display it right away. Some museums are so happy to get a good donation that they'll let you enjoy the art work until you donate the rest of it.

If the value of the painting rises, say to $60,000, you could donate the rest of it and get a tax deduction for $30,000. That means you would deduct a total of $45,000—$15,000 more than you would have been able to deduct if you had given away all of the painting at once, instead of making a fractional contribution. While you cannot deduct an amount more than 30 percent of your adjusted gross income, you can carry any excess over for the next five years.

As long as you make the contribution to a publicly supported museum, you can give anything it might be interested in collecting—Indian weavings, coin collections, old dresses. Do note that the museum must be publicly supported—either through taxes or public admissions charges. And always have an outside appraiser value the gift for you, to protect you if the IRS questions the amount you're deducting. Since the cost of appraisal is tax related, you can deduct that too.

A final note: If you will the remainder of your partial contribution to the charity, you can be sure to reduce the tax load on your estate. And inheriting a partial contribution will probably not be that useful for your heirs. Selling the item is difficult, since the museum as part owner would have to agree to the sale. If it doesn't, their only options would be to keep it on the terms of your donation, or give the rest away.

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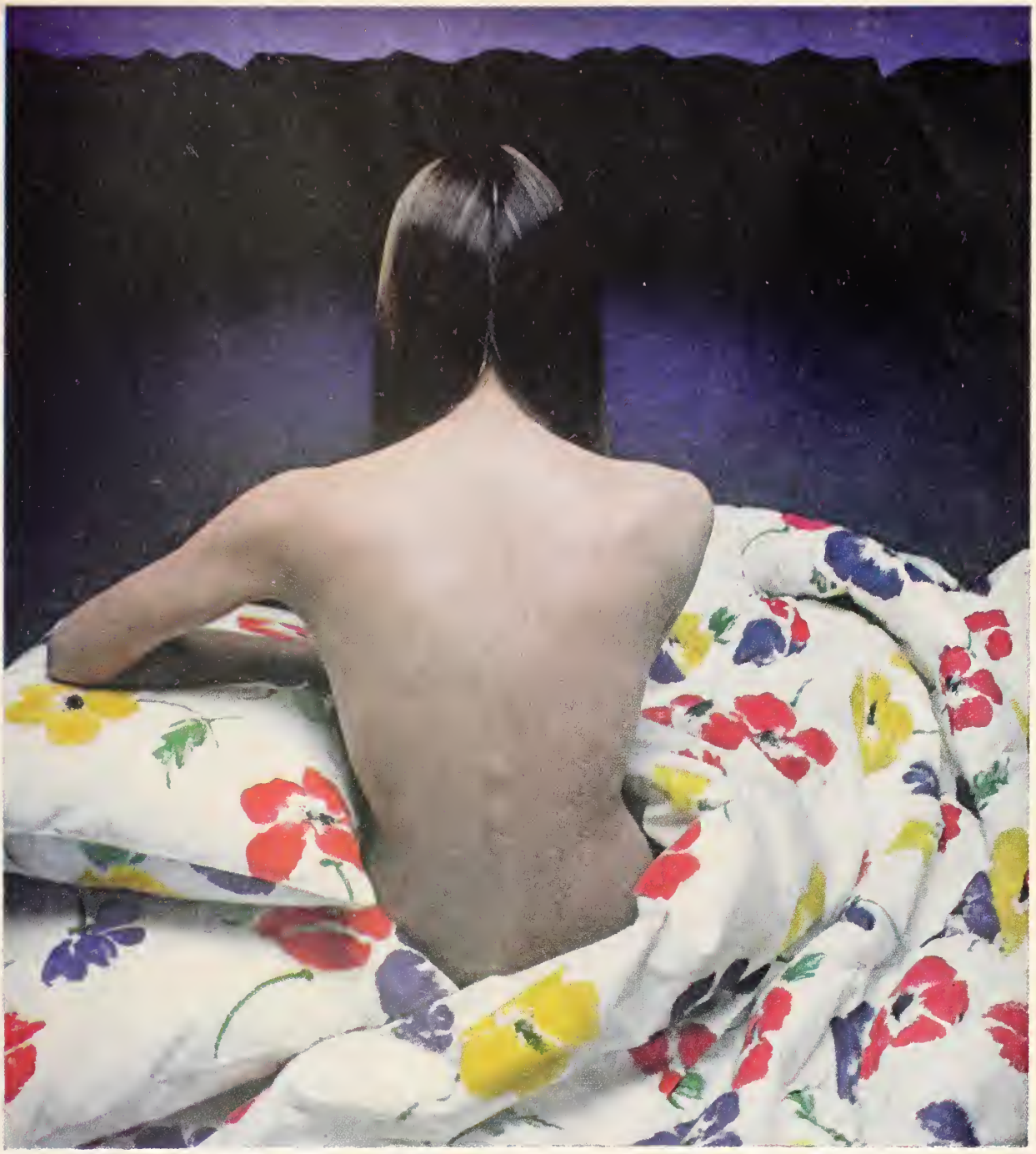

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Lawrence — Crown Gallery
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Bay City — Shifrin-Willens
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Paramus — The Gift Corner
Paramus — The Yellow Ribbon
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Pompton Plains — Goldring Jewelers
Princeton — Expressions
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Stirling — Stirling Cards & Gifts
Toms River — Perkins Gift Shop
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Latham — The Linen Chest
Lynbrook — Lyn Gift Shop
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Massapequa Park — Van Ryck
Nanuet — R. E. Neil
Newburgh — Galindo & Mills
Newburgh — Jeanne's
New Hyde Park — Abe Peltz
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New York — Card Connection
New York — Card Emporium II
New York — Granny's Bag
New York — Plaza Jewelry & Gifts
New York — Thoughtfulness Gallery
Pleasant Valley — Heritage Gift Shop
Poughkeepsie — Happy House Gifts
Ridgewood — Fair Interiors
Rochester — Canal Town Country Store
Schenectady — The Linen Chest
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Staten Island — Shadow Box
Yonkers — Jennifer's Cards & Gifts
Yorktown Heights — Les Four, Inc.

NORTH CAROLINA
Mooresville — The Plaza Gift Shop Ltd.

NORTH DAKOTA
Fargo — Shotwell Floral
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OHIO
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Cleveland — Card C
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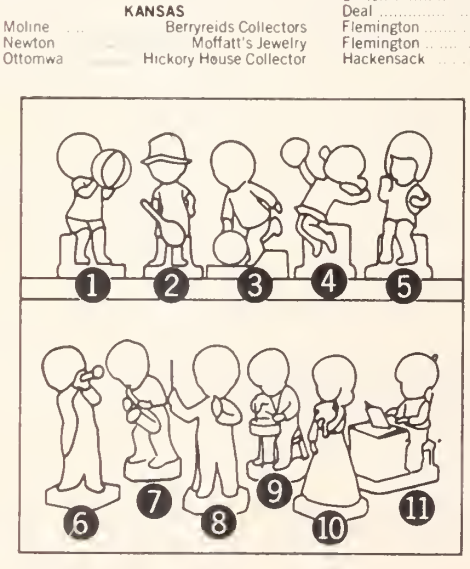

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continued from page 46

an appraiser's report on its current fair market value. And if its value is hard to assess—say, an old dress that is being given to a museum for its costume collection—get two appraisals. It's better to be safe than sorry.

If you donate your time and services to a charity, be sure to deduct your out-of-pocket expenses, such as transportation costs. Note, however, that you cannot deduct the cost of your services, as valuable as they may be.

If you give cash to a public charity that has the IRS's blessings, you can take an immediate tax deduction for an amount equal to 50 percent of your adjusted gross income—with the rest deductible over the next five years. For example, if you give a charity $30,000 and your adjusted gross income is $40,000, you could deduct $20,000 now and the remaining $10,000 next year. Had you made a larger contribution, say $60,000 because you have a lot of assets and want to reduce capital gains, income, and estate taxes, you would be able to deduct $20,000 the first year and $20,000 in each of the next two years. If you give stocks, bonds, or real estate, you can deduct an amount equal to 30 percent of your adjusted gross income. The remainder can then be carried over the five years.

Contributions to private foundations are different. You can deduct an amount equal to only 20 percent of your adjusted gross income. There is no carryover. However, there is a big exception. If the private foundation acts as a conduit—quickly passing out your contributions to public charities recognized by the IRS—you get all the tax breaks you normally would.

Even though you might get a better immediate tax deduction from generous cash gifts, you'd be wise to concentrate on giving away assets that have appreciated in value. You'll be able to deduct the full fair market value of the security without having to pay a capital gains tax on it. Here's how that works. Let's say that you bought $10,000 worth of stock some years ago. Assume further that the stock is now worth $20,000. If you sold the stock and then gave the money to a charity, you'd have to pay a long-term capital gains tax of $3,500. (It could also make you liable for the 15 percent minimum tax.) That would leave you with a deductible charitable contribution of only $16,500. By contrast, you could give the charity $20,000 worth of stock—all of which can be deducted. If it wants to, the charity can then sell the stock or hold on to it in hope that its value will continue to climb.

But why give yourself just a deduction? There are other ways of making charitable contributions that do that, *plus* reduce the amount of taxes your estate will have to pay, *and* give you an income as well.

A **charitable remainder** trust will give you an immediate tax deduction when you fund the trust—even though the charity won't get the contribution for a while. How much you can deduct is calculated in IRS tables that take into account your age, the value of the gift, and how much income you'll get from it. While it all sounds complex, it's really based on common sense. Generally speaking, you can figure that the older you are when you make the gift, the bigger your tax deduction will be. The IRS reasons that gifts from older people will go to a charity far sooner than a gift from a young person—who might possibly collect decades of income from the charitable trust. However, do make sure you get an able attorney with tax experience to help you set up the trust. The rules are complex—mainly because of the abuses that have occurred in the past.

There are two basic types of charitable remainder trusts—annuity trusts and unitrusts. A charitable remainder **annuity trust,** as its name implies, will give you a fixed income for the rest of your life. For example, you could set up a $100,000 annuity trust and specify that you want 6 percent a year, which would give you an annual income of $6,000. If the trust's earnings fall off, the trustee can invade principal to make sure that enough income is generated as specified when the trust was set up. Hence, you should consider setting up the trust with bonds or other types of fixed income securities that will give you the kind of income you're looking for. However, do keep in mind that there's no protection against inflation. Once the trust has been set up, you cannot change the amount of income originally specified. Moreover, you can't donate additional property to it. If you want to make additional gifts, you'll have to set up another trust.

While you will have to pay an income tax on the money you receive from the trust, it will be based on how the money you get was earned and distributed. If the trust has a variety of incomes, it will be distributed in a prescribed manner. Ordinary income is paid out first, then capital gains, tax exempt income, and, finally, the distribution of principal—if the trust has to dip into it to pay you a fixed income. So, if you set up the trust to get $6,000 a year, and the trust earns $4,000 in ordinary income and $7,000 of capital gains, $4,000 of the $6,000 you receive will be taxed as ordinary income and the other $2,000 as capital gains.

A charitable remainder **unitrust** is a

Continued on page 52

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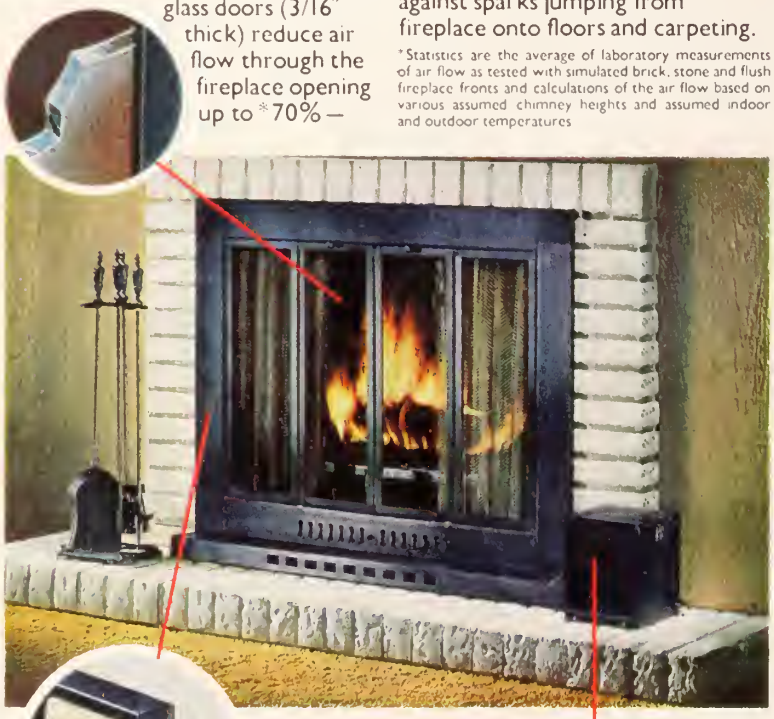
Glass doors could save more than heat — they help protect against sparks jumping from fireplace onto floors and carpeting.

*Statistics are the average of laboratory measurements of air flow as tested with simulated brick, stone and flush fireplace fronts and calculations of the air flow based on various assumed chimney heights and assumed indoor and outdoor temperatures

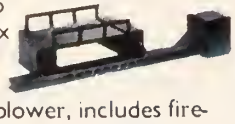


Thick (1-1/16") insulated frame comes in four sizes, is easy to install. *Measure the height and width of fireplace opening before shopping.*

Antique brass finish glass door firescreen also on sale. Just **$64.99. Save $15.**

Tool sets during sale begin as low as **$16.99.**

Save $20. Dual-speed heat exchanger sale-priced at just **$79.99.** Re-circulates warm air into room — not up chimney. Black enamel steel construction adjusts to fit firebox depth; right or left side blower, includes firegrate. Partially assembled.



ON SALE NOV. 5-25, 1978
At most Sears retail stores.

Sears **THE FIRESIDE SHOP**

SEARS ROEBUCK AND CO 1978

Prices and dates may vary in Alaska and Hawaii

MONEY MATTERS

continued from page 50

little different—the income you get is based on a percentage of the trust's assets. If the assets (which are assessed each year) rise in value, the amount of income you'll get will rise, too. This gives you some protection against inflation. On the other hand, if the unitrust's portfolio does poorly, you will, too. The way to safeguard against that is by funding the unitrust with assets that have tremendous potential for appreciation. And if all else fails, you make additional gifts to the unitrust, which is not the case with annuity trusts.

A variation of the charitable remainder unitrust, called a **net income unitrust** gives you an even better tax break. However, it may be at the expense of the income you get. Net income unitrusts are designed to give you a percentage of the trust's assets or its annual income, whichever is less. Since there's no danger of the trust's principal being dipped into, there's more for the charity to collect when the trust ends. Hence, the IRS will give you a better tax break.

Charitable remainder unitrusts are as flexible as you could want. You can tailor a unitrust so that it generates the kind of income you will need as you grow older. When you're in your peak earning years, the trustee can invest in securities that pay only a small dividend but promise attractive capital gains. (A good situation when you're in a high tax bracket.) But when you are about to retire, the trustee can switch to investments that generate a lot of income. With good planning, the trust's assets will have grown beautifully, giving a handsome income to enjoy in your golden years.

When you die, the assets of a charitable remainder trust will not be taxed in your estate. Here's what happens. The trust's assets will be included in your estate and an equal amount deducted as a charitable contribution. However, because its assets were included in your estate, it will tend to give you a larger marital deduction than you might otherwise have had. (The marital deduction lets you pass one-half of your estate or $250,000—whichever is greater—to your spouse tax free.) However, if you name a beneficiary to receive income from the trust after you die, his or her interest in the trust's assets will be included as part of your estate. Your beneficiary's interest in the trust is based on his or her life expectancy. But note also that you may have to pay a gift tax if you name an income beneficiary. Let your attorney help you sort this out.

If you don't have sufficient funds, or just don't want to tie up a lot of money in a charitable remainder trust, con-

Continued on page 54

THE MILLERS INTRODUCE THE SEVEN WONDERS OF THEIR NEW GE MICROWAVE OVEN, "THE WHIZ."

"All I have to know to cook chicken creole is 1180. Beep."
–Mrs. Miller–

"Exclusive GE 'Code Cooking' lets you program and cook many meals. Just touch-enter four numbers from the Whiz's free cookbook – 287 illustrated pages."

"I ran errands all day – the Whiz cooked the stew."
– Daisy Miller–

"The Whiz slow-cooks, too. Old-fashioned stews and roasts are simple with the Simmer 'n Cook™ setting and the Whiz's free stoneware casserole."

"With the Whiz I can cook my own lunch really fast."
–Jimmy Miller–

"The Whiz cooks faster than regular ovens–easier, too. I just press the Time Cook setting and cooking time!"

"Now I start defrosting just minutes before dinner."
–Mrs. Miller–

"Touch Defrost-Hold-Time Cook, and you defrost in minutes, hold as long as you like, then the Whiz cooks the way you want."

"Whiz, I'm going out. Please start dinner in 90 minutes."
–Mrs. Miller–

"The Hold button lets you tell it, within 90 minutes, how to cook and when to start. The Whiz follows instructions to the letter."

"The automatic temperature probe makes sure we get our roast rare."
–Mrs. Miller–

"Cook by temperature. The Whiz shuts off automatically when my roast reaches the right internal temperature, thanks to the Micro-Thermometer™ Control. That way meals never get under or overcooked!"

"And would you believe it even tells me when I make a mistake!"
–Mr. Miller–

"Thanks to the exclusive 'Talk Back' feature, the Whiz 'talks' to you, in words. For instance, forget the Micro-Thermometer,™ it displays 'use probe.' And it gets your attention when it's done, by beeping!"

Experience the seven wonders of the new Whiz microwave oven for yourself. Take a look (or better yet, go talk to one) at your GE dealer.

THE INCREDIBLE NEW WHIZ.

YOU CAN COUNT ON GE FOR GREAT IDEAS IN COOKING.

THE APPLIANCES AMERICA COMES HOME TO.

GENERAL ELECTRIC

MONEY MATTERS

continued from page 52

sider a charity's **pooled income fund.** You'll get a partial tax deduction when you make the donation, another deduction when your estate is taxed, and a lifetime income from the gift. And as with charitable remainder trusts, it pays to give appreciated property because the capital gains will not be taxed.

In a pooled income fund arrangement, your gift is pooled with the donations of other people. In many ways, it's like a mutual fund—the charity then invests these assets fairly conservatively, distributing the earnings to the donors on a pro rata basis. So, if you donated $10,000 and the charity makes a 6 percent return on its investment (which has been standard for the past several years), you'd get $600 a year from your contribution.

You can find out how much you can expect to get back from a donation to a pooled income fund by looking at the charity's past track record—which should be freely available to prospective donors. The amount you can immediately deduct for the donation you make to a pooled income fund is determined by U.S. Treasury tables. As you might have guessed, the tables take into account factors such as your life expectancy and the fund's average return in the past. If it's a new fund, the Treasury will assume a percent rate of return. Let's assume that's indeed the case. Assume further that you are 65 years old, in the 40 percent tax bracket, and about to retire when you make the gift. At that age, you could deduct 50 percent of your contribution. So, if you gave $20,000, you could deduct $10,000. Since you're in the 40 percent tax bracket, that would give you an immediate tax savings of $4,000.

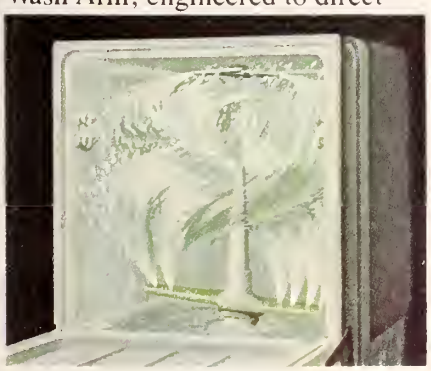
If you had made an outright gift, instead of one to a pooled income fund, you could have deducted the full $20,000. That would have given you an immediate tax savings of $8,000. Even so, you would still be better off giving to a pooled income fund. Reason: It doesn't take long for the tax savings and income of a gift to a pooled income fund to beat what you can get in tax savings from an outright gift. That's especially true if you make the gift to a pooled income fund shortly before you retire. Once you retire and fall into a lower tax bracket, you'll be able to keep more of the income from the fund.

If you don't name a beneficiary for the fund's income, your estate can deduct the full amount of the gift. If you do name a beneficiary, say, your spouse, your estate will only be able to take a partial deduction. The deduction will be reduced by your spouse's lifetime interest in the income. ■

THE NEW POTSCRUBBER® III IS THE BEST DISHWASHER GE HAS EVER MADE. WHO COULD ASK FOR ANYTHING MORE?"

—Debbie Reynolds

IT WASHES DISHES CLEANER. The Potscrubber III dishwasher features the new exclusive Multi-Orbit™ Wash Arm, engineered to direct



a constantly changing pattern of water up through the dishes. This arm, combined with a Power Shower on top, and a Power Tower in the middle, gives you 3-level washing action that gets dishes and glasses cleaner than ever.

And the special Power Scrub® Cycle, while it may not do everything (such as remove burned-on soils), is designed to remove heavy dried-on and baked-on foods from pots and casseroles.

IT SAVES WATER AND SAVES ENERGY. Almost 80% of the energy used in a dishwasher is in the hot water it consumes.

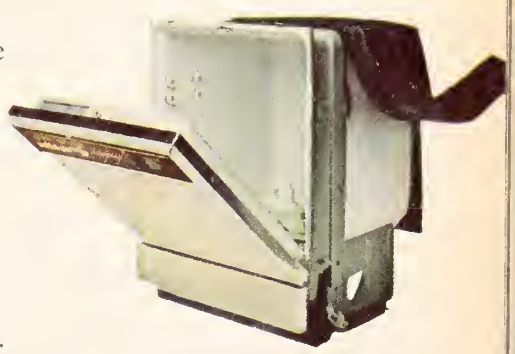
The Potscrubber III dishwasher has been specially designed to use less hot water. In fact, you could save hundreds of gallons a year.

You can also save energy by letting the dishes dry naturally, simply by pressing the Energy Saver button. And you can cut down on the number of washings you do because the new Super Racks hold more dishes.

AND IT RUNS QUIETLY, TOO. Our PermaTuf™ tub is not only tough (it won't chip, crack, peel or rust in normal use), but it's actually a sound-dampening material too.

And we didn't stop there. We even surrounded the PermaTuf tub with a blanket of sound insulation.

The Potscrubber III dishwasher from General Electric. Who could ask for anything more?

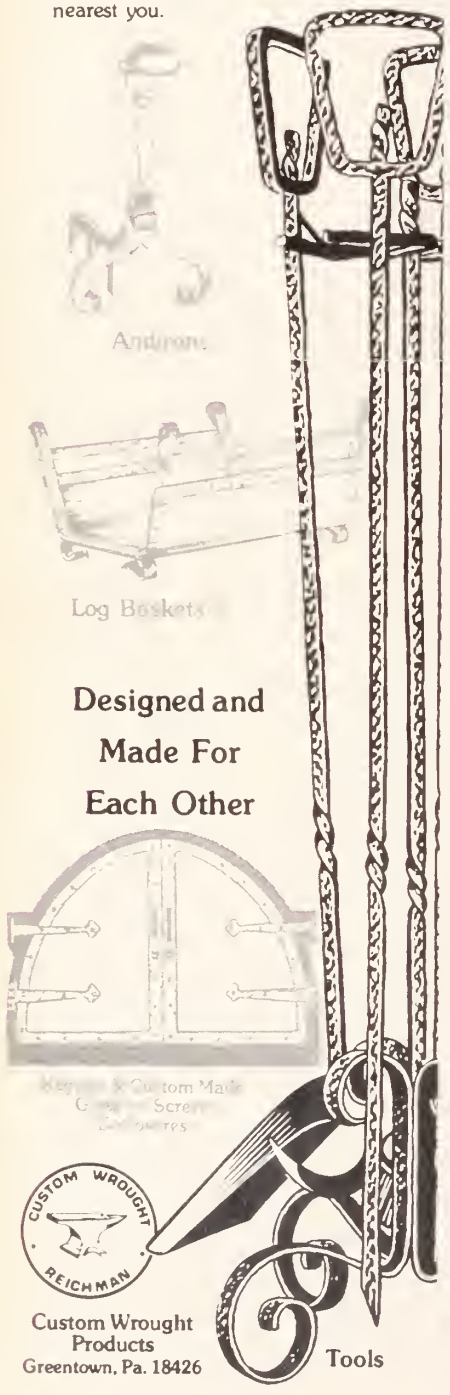


THE APPLIANCES AMERICA COMES HOME TO.

GENERAL ELECTRIC

REICHMAN
FIREPLACE EQUIPMENT

The beauty of any fireplace is not only in its design, but in the tools, screens and accessories that set it off. Shown here are a few of Reichman's many early American designs, crafted in wrought iron, and made to surely increase the attractiveness of your home. Ask to see the Reichman line at better fireplace equipment stores, or write today for the one nearest you.



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ELECTRONIC CIRCUIT

By David Lachenbruch

How to record from your own TV

Do-it-yourself videotape home movies and the multifunction clock-radios

Q I've heard that video cassette recorders are getting more sophisticated. What does this mean?

A The new big developments in the "second-generation" video cassette recorders are programmers and portables. The programmer is a minicomputer system built into the VCR which can be preset to turn the instrument on and off and change channels at specified times for unattended recording. All VCRs have timers to record programs, but up to now they could only be set 24 hours in advance and turn on to one channel. If you went away for the weekend on Friday evening, for example, there was no way you could tape a Sunday afternoon ball game for later viewing. The timer only worked 24 hours ahead, and of course you couldn't catch the Johnny Carson Show on Channel 4 and a 1-hour sports show on Channel 7. With a programmable VCR, you just "punch up" your weekend viewing schedule on a simple push-button keyboard before you leave. Go ahead and enjoy the weekend break. When you return your choices are stored and indexed on the cassette for catch-up viewing any time you please. The programmer can be set up to a week ahead of time, to record any four programs on as many different channels, and store them on a cassette which can play for 4 hours. Or it can be instructed to turn on every day in the week, same time, same channel, to tape a specific show and then turn off. It has an "indexing" feature—you simply press the fast-forward button and the tape automatically stops at the start of each show you've recorded. The programmer is available from RCA at a list price of $1,200, just $200 more than a VCR without this additional advantage. Magnavox will introduce a very similar unit shortly, and other manufacturers are expected to follow up in the near future.

The new portable VCRs weigh around 20 pounds and can be used in or out of the house. They can tape for an hour on one battery charge, and they're designed primarily for people who want to make videotape movies. To record TV shows on them, you need a special tuner accessory. The first portables (with slings for over-the-shoulder mobility) have been introduced by Sony and JVC and are priced slightly above $1,000.

Q Are home video cameras really ready?

A Home video cameras are ready and they work. Color cameras are still rather large and expensive compared with super-8 home movie cameras. Black-and-white video cameras weigh only a couple of pounds and are about super-8 size, priced from about $250 to $450, depending on the type of lens and viewfinder they have.

Earlier this year, color cameras cost $1,600 to $2,000 plus. Their popularity, even at those steep prices, surprised their manufacturers who responded by setting up mass-production facilities to build the new models. Today several new color cameras have been introduced at under $1,000. They weigh in at around 7 pounds and most still include separate "control units" which contain power supply, built-in microphone, and trigger switches to start and stop the video cassette recorder that they are hooked up to. Most work well outdoors or in very brightly lit rooms, but require some extra illumination under normal nighttime conditions.

Video cameras work with any VCR, but adaptor cables may be necessary to connect one brand of camera to another brand of recorder. Video photography, of course, has both advantages and disadvantages over film photography. The major drawbacks are weight, bulk, and connection cables. Among the advantages: You can see and hear your movies, or rather "tapies," immediately after shooting and erase them, or tape over if you're not satisfied. While super-8 film cameras use 50-foot reels running for 3 minutes, you can videotape for 1, 2, or even 4 hours on a single cassette. And cassettes are relatively cheap—about 5 to 10 dollars per hour of recording time. They can be used again and again, and you don't have to pay for processing.

Q Is there a way of transferring home movies to video cassettes for viewing on a home video cassette recorder?

A There are several processing laboratories that will transfer home movies to video cassettes at a reasonable charge. If you have dabbled in home moviemaking, you probably have a drawer or box full of old films gathering dust. These valuable family archives may be scratched, faded, and inconvenient to show because they involve setting up a projector and screen and darkening the room. So they just keep on deteriorating. Processing firms will splice these films together and electronically restore their bright colors

Continued on page 66

Glenmore Celebrates
America's
Holiday
Spirit
with a joyful round-up of party ideas
and sociable customs that proclaim the
season in their own special way with
their own special flavor.
DOLFI
FRAISE
DES BOIS
12
DESMOND & DUFF
SCOTCH
YELLOWSTONE
86
PROOF
AMARETTO
di
SARONNO
ORIGINALE
MASI
VALPOLICELLA
MASI
BARDOLINO
MASI
SOAVE

The Pleasure of

GOOD FOOD, GOOD FRIENDS, GOOD CHEER

It's holiday time. And somehow, all across this broad land, the elements of hospitality come together more naturally now than at any other time of year. The festive traditions that nurture our enthusiasm for merrymaking; the gala parties we plan, the special food and drink we prepare to welcome neighbors and friends—are all part of the season's fun. And whether we entertain lavishly or simply, the offering of spirited refreshment is high on the list of amenities to be enjoyed right into the New Year. Marvelous drinks, zesty entrees and hors d'ouevres, delicious desserts laced with a favorite cordial or liqueur—these are delightful ways to toast the season. Easy too, with Glenmore brands on hand. You'll find a choice for every taste in this collection of rich flavors and smooth textures, a selection for every regional preference coast-to-coast. So wherever home is this Yuletide, let the celebrations begin with Glenmore—fine wines and spirits all!

LEFT: crepe pan, Hammacher Schlemmer; poinsettias, Paul Ecke Poinsettia Farm.

BANANAS FLAMBÉ

2 firm bananas
3 tablespoons butter
2/3 cup Amaretto di Saronno
1/3 cup brandy
Vanilla ice cream

Slice bananas lengthwise and cut into quarters. Melt butter over low heat in saucepan or chafing dish. Place bananas in butter and pour Amaretto over them. Heat brandy; add to saucepan, and ignite. Spoon over a scoop of ice cream. Serve immediately. Serves 8.

From Amaretto di Saronno Gourmet Secrets

COVER: bar cart, antique Chinese trunk, W&J Sloane; china and crystal, Wedgwood; candelabra and flatware, The Gorham Co., Division of Textron; ice bucket, Hammacher Schlemmer; tablecloth and napkins, Leacock Co.; tree and decorations, American Tree & Wreath; poinsettias, Paul Ecke Poinsettia Farm.

Happy Holidays, Big City Style

Holiday time in the city, as any urban dweller will tell you, is an exciting medley of sights, sounds and flavors that motivate sociability. Your favorite gathering might be for pre-dinner cocktails. Or a cozy evening over wine and cheese. Or, you might prefer to serve a midnight supper after a holiday concert or evening at the theater. Whatever the get-together, just remember that the special tastes you serve your guests will add to the occasion. The smooth flavor of Desmond & Duff Deluxe Scotch, for example—on the rocks or with a splash of water; the light delights of Masi Italian

our Company

ABOVE: furniture, Coromandel screen, wall hanging, rug, lamp, W&J Sloane; blue and white bowl for champagne, Charles R. Gracie & Sons; china, Wedgwood; glassware, Svend Jensen; silver, The Gorham Co., Division of Textron; ice bucket and bar tools, Hammacher Schlemmer; tree and decorations, American Tree & Wreath.

Wines—try the Red Valpolicella and Bardolino with hearty cheeses, the Soave White in gala "Holiday Spritzers." And don't forget that sparkling wines, like Torre dei Conti Asti Spumante, lend a special ambiance to your holiday table—as do rich, full-bodied liqueurs. The legendary Amaretto di Saronno is great served straight from the bottle, or in a number of delectable food and drink recipes.

OYSTERS ASTI

3 pints oysters
12 French rolls
Butter
Salt, freshly ground pepper
Minced parsley
2/3 cup Torre dei Conti Asti Spumante

Drain oysters very well. Cut tops off French rolls; hollow slightly and spread inside with butter. (Butter soft side of tops also, for mopping up the oyster juices).

Heat rolls briefly in 400° oven, or toast lightly under the broiler. Heat 1/4 cup butter in blazer pan of chafing dish over direct heat, or in heavy skillet. Add oysters and baste well with butter. Season with salt and a few grindings of pepper. Add parsley and Asti Spumante. Cover and heat until oysters become plump and edges curl. Pile into French rolls; spoon pan juices on top. Serve at once, with Asti Spumante, of course.

Adapted from a recipe in House & Garden's Party Menu Cookbook

AMARETTO CAFÉ

Pour 1 oz. Amaretto di Saronno into hot coffee. Stir and enjoy.
For an extra treat, top the coffee with whipped cream.

From "Italian Intrigue" recipe booklet

ABOVE: furniture, W&J Sloane, parlor stove and brass candlesticks, Edwin Jackson Inc.; china, Wedgwood; pewter flatware and goblets, The Gorham Co., Division of Textron; crystal, Wedgwood; napkins, Leacock Co.; decorations, American Tree & Wreath. BELOW: punch bowl, Svend Jensen; decorations, American Tree & Wreath.

Coming Home For The Holidays

It's An Old New England Custom

In true Currier and Ives fashion, the holiday season in New England tends to be picture-postcard perfect. Lots of snow and natural greenery, blazing hearths and homey ornaments—truly an ideal setting for family celebrations, for happy gatherings of neighbors and friends imbued with the holiday spirit and Yankee ingenuity for party giving. Sleigh rides and skating parties are great ways to get the gang together, with everyone invited back for Egg Nog—Old Mr. Boston Egg Nog (made with Rum, Brandy and Blended Whiskey) pours right from the bottle into your prettiest punchbowl—and perhaps an impromptu sing-along around the tree. Frosty evenings in this part of the country are made to order for warming drinks and hearty foods—the kind you can make easily with mellow Yellowstone Bourbon, Old Mr. Boston Flavored Brandies and Rum (great for soaking fruitcake)—so make sure your supply is ample. Drop-in friends as well as home-for-the-holiday family members will applaud your efforts, savor your sociable customs for months to come.

BAKED ACORN SQUASH

- *3 acorn squash, halved*
- *6 teaspoons butter*
- *6 teaspoons brown sugar*
- *6 teaspoons Yellowstone Bourbon*
- *1 teaspoon salt*
- *¼ teaspoon nutmeg*

Remove seeds from squash. Place in lightly greased baking dish, cut side up, and in each half put 1 teaspoon each of butter, sugar, and Bourbon. Sprinkle with salt and nutmeg. Cover and bake at 400° for about 30 minutes or until tender. Serves 6.

Reprinted in House & Garden from Maryland's Way Cookbook

The Tastes of Yuletide South

Holiday celebrations steeped in tradition. That's the heritage of America's Southland, and a festive one it is indeed. For this is the season when family and friends gather in homes bright with candlelight to sample the splendid tastes of Christmas South. Some old-fashioned flavors—sweet potatoes and beaten biscuits and succulent Virginia ham—are especially favored for holiday menus. Just as the taste of two fine Bourbons—Kentucky Tavern and Yellowstone—and the 12-year-old Desmond & Duff Deluxe Scotch Whiskey, add mellow magic to pre-dinner and season-long toasts. To keep your guests refreshed in true Southern style, serve spirited Rob Roy Cocktails (3/4 oz. Sweet Vermouth, 1 1/2 oz. Desmond & Duff Scotch, stirred with ice) or Bourbon Old Fashioneds. (One half cup of Kentucky Tavern added to your favorite ham glaze recipe is a taste to savor too!). After dinner, offer a selection of Old Mr. Boston Cordials and Flavored Brandies. Crême de Menthe, Peppermint Schnapps, Creme de Cassis, Triple Sec, Blackberry Brandy—select to your taste and serve with pride whenever company comes to call.

Recipe for Rob Roy Cocktail from Mr. Boston Official Bartender's Guide

MOUSSE AMARETTO

5 eggs, with whites and yolks separated
1/2 cup sugar
Pinch of salt
1 teaspoon vanilla
1 cup milk
1 envelope gelatine
2 tablespoons cold water
1 pint heavy cream, whipped
Amaretto di Saronno

Beat the yolks with the sugar until the mixture is light yellow. Add pinch of salt. Add vanilla to milk and bring to a boil. Add milk to the beaten yolks, mixing thoroughly. Heat over slow fire, stirring constantly, but do not bring to a boil. Soften gelatine in cold water, add to milk, and strain mixture through a fine sieve. Cool on a big bowl of ice, then fold in whipped heavy cream. Fold in whipped-until-stiff egg whites. Add 2 to 3 oz. Amaretto di Saronno. Pour into serving bowl or into separate glasses and chill. Before serving, float a tablespoon or two of Amaretto on top of each portion. Makes 8 to 10 servings.

From "Italian Intrigue" recipe booklet

BELOW: furniture, W&J Sloane; china, Wedgwood; silver trays, flatware, candelabra, ice bucket, The Gorham Co., Division of Textron; napkins, Leacock Co.; decorations, American Tree & Wreath.

Alfresco Holiday

The sunshine and soft breezes that usher in the festive season along much of the West Coast and in many of our Southwestern states offer entertaining options that innovative hosts and hostesses exercise with joy. Outdoor gatherings, patio brunches, backyard barbecues and buffets can all be planned with confidence thanks to the friendly climate; the traditional holiday ambiance supplemented easily with food and flowers native to the region.

One lovely custom in the Southwest is the placing of flickering "luminarias"—brown paper lunch bags half filled with sand in which lighted candles are planted—along sidewalks, terraces and rooflines in celebration of the holiday. Another is the offering of party food and drink that is easy and convenient to serve. Old Mr. Boston Cocktails are natural choices for this kind of relaxed entertaining. Daiquiries, Margaritas, Piña Coladas and Whiskey Sours are some of the appealing choices you can offer your guests from this distinctive collection. Other taste treats you'll want to serve through the holidays: spirited Tequila drinks—the juice of 1/2 lemon, 1 teaspoon powdered sugar, 2 oz. Gavilan Tequila shaken with ice and poured over ice cubes with carbonated water, makes a zesty Tequila Collins; refreshing wine coolers—try lacing them with Dolfi Fraise des Bois Wild Strawberry Liqueur; and of course, the classic Amaretto di Saronno—in cocktails and after-dinner drinks, with coffee, and as the intriguing special ingredient in favorite party recipes.

ABOVE: furniture, W&J Sloane; casserole and ice bucket, Hammacher Schlemmer; stainless steel flatware, The Gorham Co., Division of Textron; glassware, Svend Jensen; soup bowls, platter, figurines, tin Christmas tree, basket, napkins and fabrics, Pan American Phoenix; poinsettias, Paul Ecke Poinsettia Farm.

Recipe for Tequila Collins from Mr. Boston Official Bartender's Guide

KIR ROYALE

Pour 1 1/2 oz. Dolfi Fraise des Bois into champagne glass. Fill glass with sparkling Torre dei Conti Asti Spumante and serve.

MUSSELS STEAMED IN WHITE WINE

2 quarts mussels
6 cloves garlic, finely chopped
1 small onion, chopped
4 sprigs parsley
1 cup white wine (Masi Soave)
Finely chopped parsley
Melted butter
Garlic-toasted French bread

Wash and beard the mussels. Place them in a large kettle with the garlic, onion and parsley. Add the white wine, cover and place over medium heat until the mussels open. Discard those which do not open. Serve in large soup plates with finely chopped parsely, melted butter, and garlic-toasted French bread.

From a James A. Beard recipe in House & Garden's Party Menu Cookbook

ASTI SPUMANTE FRUIT DELIGHT

1 bottle Torre dei Conti Asti Spumante
2 ounces Amaretto di Saronno
Your favorite fruit, such as: oranges/apples/pears/strawberries/melon/grapes/mixed or one of a kind

Chill the Asti Spumante thoroughly. Cut the fresh fruit into small pieces and place in a glass bowl. Marinate the fruit with Amaretto for approximately 30 to 45 minutes in the refrigerator. Then add chilled Asti Spumante to the fruit and its juices. Pour Asti gently to keep its sparkle. Serves 4 to 6.

Original recipe by Donald Duncan, Little Rock, Arkansas

Aglow With Hospitality

The Holiday House, Ready For Company

Among the many wonderful things that make the holidays so memorable for Americans everywhere, is the sociable spirit that lives in our homes. Our talent for entertaining excels in this festive season, our pride in offering hospitality abounds. This is why, when it comes to selecting fine wines and spirits for celebrating through the busy days ahead, you'll want to look closely at Glenmore brands. All the products pictured below and throughout this portfolio are ideal choices for your home bar. The wide variety of brands gives you great party flexibility, plus an opportunity to offer guests specific preferences. What's more, Glenmore spirits and wines have a marvelous ability to add superb flavor to favorite foods. Use them in cooking as well as for drink-making this holiday season. And don't forget the marvelous suitability of a Glenmore gift. Just fill out your shopping list—and bring home the Glenmore—for the happiest, most spirited holiday of all!

ABOVE: furniture, W&J Sloane; crystal, Wedgwood; ice bucket and bar tools, Hammacher Schlemmer; table tree and ornaments, American Tree & Wreath.

PREPARED BY HOUSE & GARDEN® FOR GLENMORE DISTILLERIES COMPANY
PHOTOGRAPHY BY BILL MARGERIN
DESIGN CONSULTANT, GALEN BRAND

Kentucky Tavern Kentucky Straight Bourbon Whiskey 80 Proof. Distilled And Bottled By Glenmore Distilleries Company, Louisville-Owensboro, KY • Yellowstone Kentucky Straight Bourbon Whiskey 86 Proof. Distilled By Yellowstone Distillery Co., Louisville, KY • Blackberry Flavored Brandy 70 Proof. Egg Nog 30 Proof. Crême De Menthe (Green) 54 Proof. Creme De Noyaux 54 Proof. Peppermint Schnapps Liqueur 54 Proof. Banana Daiquiri Cocktail 25 Proof. Daiquiri Cocktail 25 Proof. Margarita Cocktail 25 Proof. Piña Colada Cocktail 25 Proof. Strawberry Daiquiri Cocktail 25 Proof. Strawberry Margarita Cocktail 25 Proof. Whiskey Sour Cocktail 25 Proof. Produced By Mr. Boston Distiller, Boston, MA, Owensboro, KY, Albany, GA • Desmond & Duff 12 Year Old Blended Scotch Whiskey 86 Proof. Imported By & Bottled For Desmond & Duff, Ltd., New York, NY • OMB Virgin Islands Rum (LT) 80 Proof. Bottled By Mr. Boston Distiller, Boston, MA, Owensboro, KY, Albany, GA • Amaretto Di Saronno Liqueur 56 Proof. Dolfi Fraise Des Bois Strawberry Liqueur 44 Proof. Masi Italian Wines. Torre Dei Conti Asti Squmante. Imported By Foreign Vintages, Inc., Jericho, NY • Gavilan Tequila 86 Proof. Sole Agents For U.S.A., Foreign Vintages, Inc., Jericho, NY • Mr. Boston Triple Sec Curacao Liqueur 54 Proof. Mr. Boston Creme De Cassis Liqueur 35 Proof. Produced By Mr. Boston Distiller, Boston, MA

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Mannington. What you can't see is the easy-care.

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ELECTRONIC CIRCUIT

continued from page 56

and clarity on video cassettes. Most companies splice up to eight 50-foot reels together and put them on a 30-minute cassette. Many video dealers, probably including the store where you bought your VCR, accept films for cassette transfer or can give you information on where to send them.

Q What are the new things that are happening in radio?

A The news in radio is about clocks. Some clock-radios even have his-and-her-alarms that will go off twice each morning at different preselected times. Others can be programmed in advance to sound off at different times on different days. They'll let you sleep late on weekends and perhaps get you up a little early on days you know you are going to be extra busy. There's even one model which tells you the indoor and outdoor temperature at the push of a button, using the same electronic numerals which display the time.

© BOOTH '78

There are clock-radios that warn you if they're running slow as a result of power failure by blinking on and off until they're reset. One type can be set to wake you with a beep after any power interruption, so you can reset it then and there. Another has a small backup battery and resets the time automatically.

For travel, clock-radios are becoming so tiny they'll fit in your pocket or purse. Some remember two time zones, so at the flick of a switch you know what time it is at home. Of course, some new radios don't have clocks. One new mini design is only a half-inch thick, weighs less than 5 ounces, and slips easily into shirt pocket or purse. At the other end of the size scale is a new breed of table radio which is built into an audio component-type loudspeaker unit for true high-fidelity sound. ■

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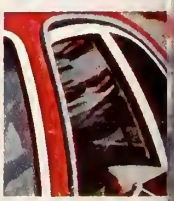

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A LITTLE AMERICAN WORKHORSE

FORD PINTO

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PLANTS AROUND THE HOUSE

Gardening in miniature

How to grow small-scale African violets, geraniums, cyclamen, orchids, daffodils, and tulips for window sills of color

By Richard Langer

There is something particularly appealing about small things—miniature portraits, dollhouses, and other tiny representatives of the "real" world. Miniature plants are no exception, and there are some growers who have nothing else. Sometimes their collection started out as the result of diminishing space for new plants. Sometimes it was intrigue at first sight, noticing a flower garden in a teacup. Whatever the case, "think small" has become the watchword of many indoor gardeners. Miniature house plants, relatively rare a decade ago, are coming into their own. They grow in regular potting soil under the same conditions as their larger counterparts.

The classic example is **Sinningia pusilla.** So small it will thrive in a thimble, this miniature gesneriad will bloom all year round, sending out a profusion of five-petaled cream-throated lavender flowers on sewing-thread-thin inch-long stems. The flowers last a week or longer, and the plant itself is rather amazing. It's hard to imagine anyone ever having found it in the dense jungle of its native African habitat, but probably one of the reasons it was not overlooked is its profuse self-seeding habit. I've never seen it in the wild, but I can imagine small carpets of *S. pusilla* covering the ground in patches. Two years ago, we planted a single specimen in one of those 5-inch spherical glass bowls. Now there are some thirty-odd plants in there. Almost always, one of them is in bloom.

The gesneriads offer some of the choicest miniatures around. African violets such as 'Calico Kitten,' 'Coco,' and 'Silver Bells,' for instance, are simply scaled-down versions of the regular **Saintpaulia,** and they're every bit as floriferous. Grown individually, they do best in plastic pots—the 1¾-inch and 2-inch sizes offer plenty of room—since the plastic helps to keep the soil from drying out. Dry soil can be a problem when you're dealing with such small pots and plants; there just isn't room for much water. Another solution, one which makes for a really striking display, is to grow a whole field of miniature African violets in a tray. A deep glass baking dish, for instance, can hold some thirty to fifty miniature violets, making a solid velvety green carpet studded with flowers. A circle of purple-trumpeted **Sinningia concinna** with the salmon-flowered *S.* 'Coral Baby' in the center will give the appearance of a diminutive knot garden. Being gesneriads, the *Sinningia* plants will thrive under the same moist-soil, medium-light conditions as your African violets. And growing them clustered in a tray will help to ensure a pocket of humidity around the plants, fostering their best growth.

MALAK

Left: *Full-sized daffodil King Alfred looms above its miniature cousin, Narcissus Canaliculatus.*

SUSAN McNEILL

Left: *Miniature daffodils bloom in a 4-inch pot.*

Another group of gesneriads with miniatures to match the larger counterparts is the episcia. 'Silver Toy' has a profuse display of trumpetlike flowers that complement their attractive foliage. Begonias, too, have their miniatures. Perhaps more properly called diminutive plants, they tend to grow larger than true miniatures upon maturity, but they are still petite. Among the smallest are the 4-to-6-inch-high **B. cucullata** cultivar 'Andy,' with bright grass-green leaves and single pink flowers, and the Rex begonia miniature 'Baby Rainbow,' whose puckered iridescent foliage is truly striking. Boweri, nicknamed the eyelash begonia, because of the pale whitish hairs edging the chartreuse leaves, is an excellent bloomer, providing an almost continuous round of delicate pink blossoms. For different leaf shapes as well as flowers, try **B. herbacea** and its cultivars.

These and other miniature plants can be grown attractively in a small birch log, one say 10 to 12 inches long, with depressions gouged out to hold the soil. It makes a natural-looking display and keeps the soil cool and moist, promoting good growth. Make sure to seal off all exterior cuts of the wood—the ends of the log and the flat side you may want to cut off as a base to keep it from rolling—with sealer and several coats of clear varnish. This will keep moisture from seeping through and staining the table. *Continued on page 72*

How To Grow Minibulbs

Miniature bulbs pack as much flower power as their full-sized counterparts. Three-inch-tall golden daffodils with grasslike foliage and 4-inch micro-tulips can both be forced indoors. Up to half a dozen can be planted in a 4- or 5-inch pot filled with equal parts potting soil, sand, and peat moss.

Allow your plants to die back each year during a cold period. Keep watering until the leaves have turned completely yellow, then trim them off, and set the pot in a cool spot for the winter. After a 3-month rest, they can be brought indoors for a second season of bloom. The rerun may not always be as successful as the first showing, but if the bulbs take, they will continue to thrive.

Miniature daffodils: *Narcissus asturensis (minimus) N. Jonquilla Simplex, N. nanus*

Miniature tulips: *Tulipa batalinii* (pale yellow), *T. cretica* (white blushed pink), *T. pulchella "Humilis"* (lavender pink), *T. urumiensis* (yellow)

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PLANTS AROUND THE HOUSE

continued from page 70

Miniature geraniums need a slightly different soil mix than other plants. Originating in a semi-desert elimate, they like a footing that is half sharp sand, half potting soil. Beeause of their background, they are also the one group of miniatures that will grow well even if the air in your house is too dry for most house plants. They need lots of sun, but they also enjoy the cool of the evening, so a window sill location suits them best. Full-sized geraniums are often allowed to have their soil go quite dry between waterings, whieh works fine for them. But miniatures simply dry out too fast. 'Tiny Tim' is striking with its single red flowers and almost black green leaves. It is often grown in a small teacup to show off its lovely diminutive proportions. Do the same with 'Voleano,' with crimson blooms and multishaded leaves, the cerise-flowered 'Zip,' and the double pink 'Twinkle.'

Cyclamen hederifolium is a true miniature cyclamen about 3 ineches tall. Its silver-veined leaves and bright rose flowers are nicely eomplemented by **C. graecum,** whose darker green leaves are veined in white.

There are orchids such as **Oncidium cheirophorum,** which grow to only about 6 inches and yearly reward your efforts with a spray of the brightest yellow flowers imaginable. It and the other numerous attractive miniature orchids should be grown in a terrarium for best results. But if you do start a terrarium for your miniatures, then you ean enjoy such delightful additions as the orange-flowered 2-inch-tall **Pleurothallis Grobyi,** or the slightly larger, also vivid orange-flowering **Sophronitis coccinea.** Then there's **Ornithocephalus cochleariformis,** another little orchid barely 2 inches tall. But perhaps it's almost too much of a miniature—you need a magnifying glass to really appreeiate its white flower.

Miniatures Sources

Sinningias, episcias, saintpaulias
Lyndon Lyon, Dolgeville, N.Y. 13329
Begonias
Logee's Greenhouses, 55 North Street, Danielson, Conn. 06239. Catalogue $2
Geraniums
Carobil Farm, Church Road, RD1, Brunswick, Maine 04011. Catalogue 35¢
Orchids
Orchids by Hausermann, Box 363, Elmhurst, Ill. 60126. Catalogue $1
Bulbs
P. deJager & Sons, 188 Ashbury St., South Hamilton, Mass. 01982

The Soilless Mix

Beeause they are grown in such small pots, miniatures are often given a "soilless" footing. While regular potting soil rieh in organie matter, sueh as that used for African violets, usually works quite well for miniatures, soilless planting assures that their footing will not pack too much. It also helps to keep them moist. So if you have problems growing miniatures, try a soilless mix. An easy-to-make one eonsists of 4 cups of fine sphagnum moss, 2 cups of vermieulite, 1 cup of sharp sand, 1 tablespoon of finely ground limestone, and 1 tablespoon of bone meal. Blend well, using enough water to make the moss good and moist. Toss all the ingredients into a large plastie bag—then shake and plant. Extra mix can be left right in the bag until needed.

If you don't want to mix your own, prepaeked soilless growing mixes are now on the market. You should be able to purchase some at your loeal plant store or nursery. ■

It's the incredible Le Chef Food Processor from Sunbeam.

I love to cook—whenever I can spare the time. But those recipes that call for half a day's worth of chopping, pureeing and slicing really used to intimidate me! Now, with my Le Chef, I can do those jobs in seconds. Really! And not just for entertaining, but for everyday dishes too.

What's so special about the Le Chef Food Processor? The motor is surprisingly quiet and powerful. Sunbeam calls it direct drive. I call it incredible. Le Chef easily kneads stiff yeast dough without stalling. And its super capacity container lets me prepare enough for a crowd, all at once. The Touch On/Touch Off pulse control makes for instantly regulated action, so I'm less likely to over-process foods by mistake. The Le Chef Food Processor comes with 4 processing blades and discs, for handling each job just right. The multi-purpose blade for minced onions or homemade hamburger, the shredding disc for cheddar cheese or cole slaw. The slicing disc turns out perfect, even slices of vegetables or sausage. I use the mixing blade for cake batter and desserts.

There's even a handy spatula and a complete 64-page recipe book included.

Le Chef, the amazing, indispensable food processor for everything from apple pancakes to zucchini. From my favorite appliance company. Who else but Sunbeam.

Sunbeam

Love their quality!
Shirley Jones

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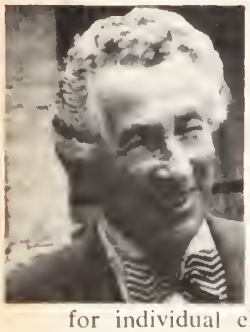
APARTMENT DECORATING

Advice on planning your purchases and building a color scheme, plus tips on dealing with an awkward window and entertaining in small space, from a distinguished decorator, James Amster, F.A.S.I.D.



Editor's Note: There can be few decorating problems that James Amster has not met in the course of a career that has included decorating hotels and steamships, opening the first decorating department at Bergdorf Goodman, and, for individual clients in America and abroad, decorating everything from a 58-room house to a one-room apartment. Many of his projects have appeared in House & Garden, most recently his own entertaining room in Amster Yard, a collection of "broken-down brownstones" that he bought, restored, and made into a charming complex of shops and apartments, now a New York City Historic Landmark.

This year Mr. Amster is celebrating his fiftieth year as a decorator with as much zest for his chosen profession as when he first started. "It is the most rewarding, interesting life and work. This is the era of experiments and it is exciting to be part of it. When I first started, there were only about a dozen kinds of fabrics and in five colors only. Now there is everything, and in every color, from everywhere in the world. And marvelous new developments that make living so much easier—like wash-and-wear sheets, which I find incredible. But if I have any philosophy about my work, it is that the art of decorating has as much to do with a feeling for people as it does with a feeling for design. I learn from my clients and they learn from me. They teach me what they know and I teach them what I know. I am now decorating houses and apartments for the grandchildren of some of my original clients and—it is amusing to see things come full circle—often working with the same style that fifty years ago was called Contemporary and today is known as Art Deco."

To launch our new column of ideas for apartment living, James Amster begins at the beginning and answers questions from young readers and staff members who are just starting to decorate their first apartments.

"Before I try to answer your questions, I'd like to say a bit about how I feel you should approach decorating. In today's world, decorating should aim for comfort and enjoyment. Good decorating is honest decorating that comes about as a result of an honest evaluation of how you *do* live, how you really *want* to live, and how well you can afford the pattern you set for yourself. It is a matter of planning your life and then planning your rooms to suit the way you want to—and can—live. Whether you are decorating your first or your fifth apartment, it takes patience and thoughtful planning to achieve livable rooms. What gives a room grace and personality is different for each of us—it may be the colors, a wonderful rug that belonged to your grandmother, or books or plants or a collection you love."

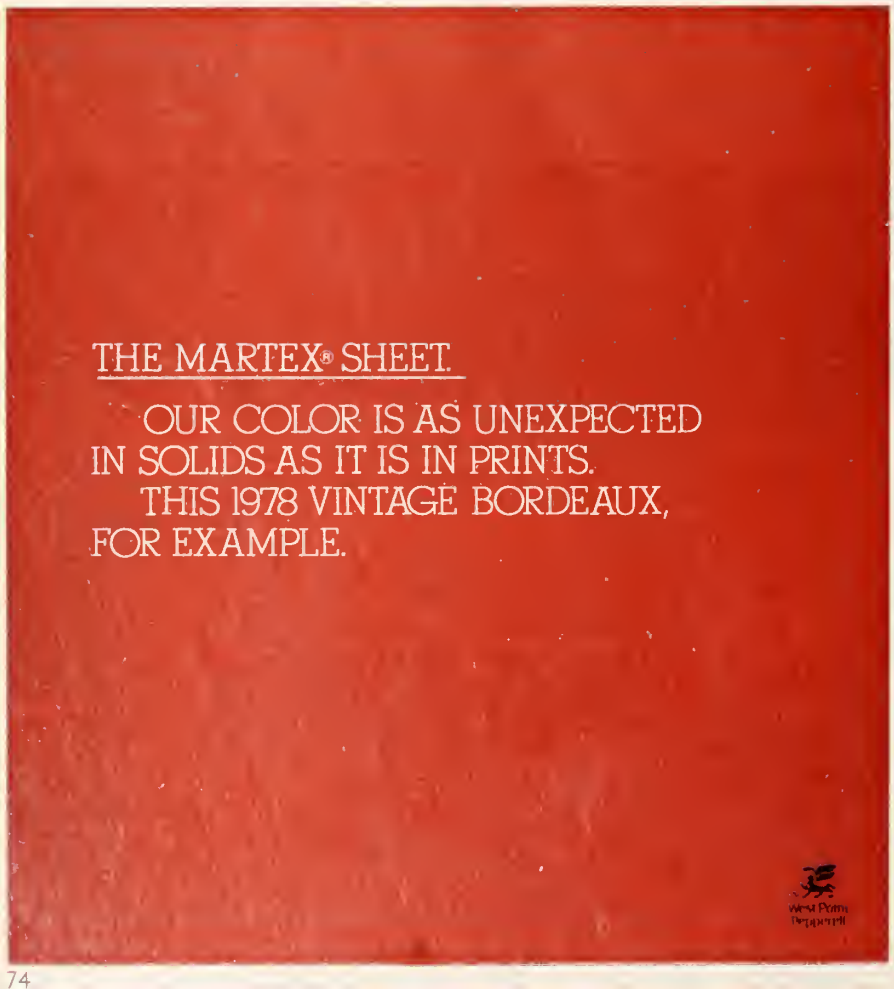
Q What should I buy first? My budget is limited. I'm starting from scratch.

A Well, when you're starting to decorate an apartment or a house for the first time—not even decorating really—but starting to furnish, you have to start with a bed. You have to have something to sleep on. My instinct is to buy the best box spring and mattress you can afford. Even if you have just one room, put your money into a good box spring and mattress. Your health comes first. If you have a bad bed, life is hell. A box spring and mattress that you don't fold is always a better bed than a convertible one that you have to open and close. You don't have to buy the biggest and you don't have to buy a headboard. Watch for sales, if your budget is truly limited.

Then the next thing you buy, I would say, is a bridge table and four chairs, good sturdy folding ones. You need a place to sit and to eat and to write. But you also need other things to work with: linens, china, glasses, pots and pans for cooking. Until you can afford a real dining table that you like, you can have friends in and serve dinner from the bridge table, and no matter how you finally decorate your apartment you can always use an extra table and chairs that fold up and go in the closet.

Now even though you just have a bed and a bridge table and four chairs, even-

Continued on page 76



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APARTMENT DECORATING

continued from page 74

tually you're going to buy more, so the next thing you should do is draw up a floor plan. In fact, it should probably be the first thing you do. Before you actually buy your box spring and mattress you should find out if they will go in your front door, if they will fit your room. It is important. Once some young clients of mine fell in love with a Charles II bed that I had found so we had a box spring and mattress made for it. But when we started to put it in their house—it was on Lovers Lane outside of Philadelphia, believe it or not—we couldn't get the box spring through the bedroom door. We had to saw its frame in half, tie it up, put it in the room, then open it up and reinforce it with metal bars underneath. Make a floor plan and measure carefully—that's what I learned in Lovers Lane. And don't trust the plans given you by the apartment building or real-estate office. They are notoriously inaccurate. Recheck the measurements before you buy anything. Make your floor plan and work out your furniture arrangement with the pieces you have. As a general rule, start with the biggest wall, which gets the biggest piece of furniture. Then work out on the plan what pieces you will need to live in the room the way you want to, and buy them as your budget permits.

Q There is only space for a small dining table in my studio apartment, but when I have a lot of friends for dinner, I would much prefer to seat them at a table. Have you any solutions?

A One thing you can do is buy a circular tabletop larger than your table that folds and stores in a closet, as many restaurants do. They come in several sizes and some are made so that they fit on a bridge table. You can put a tablecloth over it. Or you can cover it with felt or vinyl, paint it or marbelize it, and use mats and no tablecloth.

Q We're furnishing an apartment now but we hope to move to a house in a few years and we'd like to spend our money on things that will move well. How would you advise us?

A If you are going to move, you really don't have to spend a lot of money for curtains, or for shutters. We are going through a marvelous horticultural period in decorating and you might just hang plants in your windows. Or if you need more privacy, use simple ready-made curtains or bamboo blinds. About furniture I would say don't buy either the biggest or the smallest.

Q Lighting is the real decorating puzzle, I find. In my living room, which is rather small but has a high ceiling, I have two table lamps and a floor lamp next to the sofa. They are fine for reading, but when they are all lighted at night the corners are dim and the room looks spotty and feels uncomfortable. I thought about track lighting, but my landlord won't let me install it. What can I do?

A You might place a small spotlight or two, adjusted to light the dark corners, in some inconspicuous place near the ceiling—in the top of a bookcase or a tall armoire, for example. Or, what I find is as effective and much more flexible is lighting from the floor. You can place can lights in corners or conceal them behind objects—a large tree or your sofa, perhaps. Experiment with placement and try bulbs of different wattages until you have the lighting balance you want.

Q What do you do when you have one fairly small window that is in a very odd place? Mine is in the back corner of the room.

A If you have the money, have some shutters made the color of the wall. If you are moneyless, find fabric to match the wall and have a curtain made with rod top and bottom.

Q In an effort to choose colors I could live with, I've ended up with a dull brown, beige, and rust-colored apartment—a bad case of the neutrals. What can I do to lighten it up and give it some punch? The sofa has stripes of apricot and light blue besides the neutrals but I just haven't found a way to work them in. I could change the rust-colored curtains if that would help.

A I would use more apricot in different shades—light and dark—for the curtains, some cushions for the sofa and perhaps to slipcover a chair. But color is a very personal thing and you might be happier picking up the light blue.

Building a color scheme is like making a salad dressing. You have to have the right ingredients—oil and vinegar and salt and pepper—in the proper proportions. A good way to begin developing a color scheme is to choose a multicolored fabric that you like for the biggest piece in the room, and then match everything else in the room to colors in it. Be sure you keep a swatch of your print to shop with. Don't think you can carry the color in your eye—you really can't. I think everyone who shops should do what I've learned to do. I have a piece of cardboard and every color that I wish to use on a job is on that cardboard. I go shopping with it. The clients have a duplicate cardboard and every time we decide on a fabric we put a cutting on those cardboards. After all if you were trying to match evening shoes to a dress you'd take a piece of the dress fabric, and it's even more important when you're shopping for something you will live with a lot longer. ■

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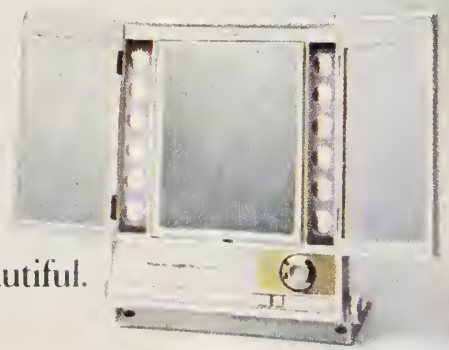

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LOOKING GOOD
FEELING FIT

continued from page 32

something about one's life." The psychic factor is essential in catalyzing the physical efforts necessary for revitalization—healthy diet, exercise, and above all an interest in or belief that what one is doing is the most important concern in one's life.

The prospect of living longer offers us a chance to live many lives in one lifetime. We can begin to plan for a sequence of careers and an extension of experience, knowing that wisdom will make later adventures more satisfying and enjoyable. "How old would you be if you didn't know how old you were?" asked the legendary baseball player "Satchel" Paige. With biologists breaking through the aging barrier, the answer is going to be all in the mind. ■

Beauty and health products new this month in the stores

Your holiday season this year is almost certain to be filled with lots of late-night parties and disco-ing. You'll find you've never had such an opportunity to shine. Get help from the "late-late" colors from *Estée Lauder* called **Estée Lauder Nights,** and really something wonderful. The collection consists of right-on reds in six shades of Re-Nutriv lipstick, six shades of nail lacquer, a new Automatic Lipshine, and a brand new Golden Cream Highlighter for brows, browbones, forehead, cheekbones, shoulders, and bosom. And the gold doesn't stop. There are two late-night-going compacts, both filled with Translucent Powder, both in 24-karat gold plate. One's in the shape of a small pocket watch; the other's a sleek ripple of sculpted waves. The smaller is called "The Golden Hours Compact," $20; the larger, "Stream of Gold Compact," $75. And to apply your makeup sheerly, expertly, a set of six natural-bristled makeup brushes has been assembled, $55. They come wrapped in a soft, chamois-colored suedecloth jewelry roll and an acrylic box has been designed to hold them on your dressing table that would make a lovely present. Estée Lauder Nights, compacts, and brushes are at fine department stores across the country.

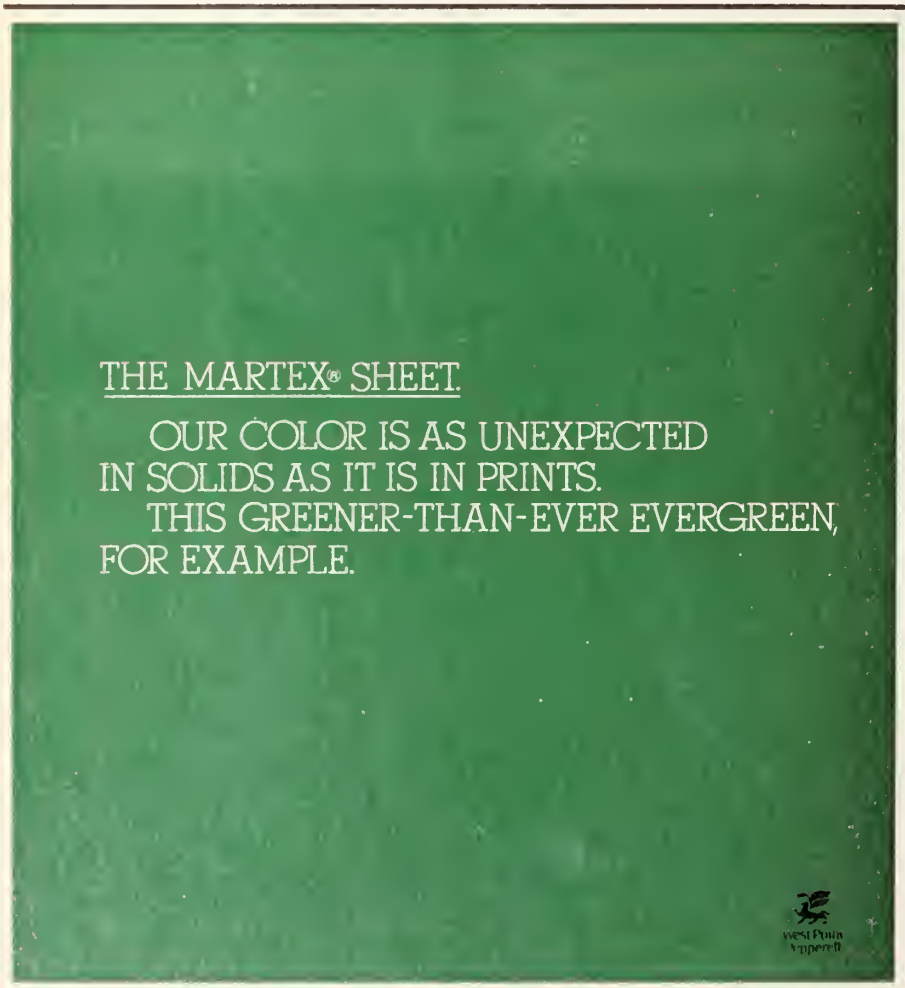
For **Chloé** lovers, a cause for celebration. *Karl Lagerfeld* has just created a flacon of crystal to hold a quarter-ounce of the perfume, and, of course, he would put it inside the graceful sweep of the calla lily, his signature. The slip of crystal comes inside a peach-colored suedecloth pouch, and a tiny, silvery funnel has been included to facilitate the delicate process of refilling. $75 by Parfums Lagerfeld at Saks Fifth Avenue stores across the country.

The newest tool for making your eyes look their widest is to be found among the eyelining pencils—they're back. Especially subtle and enchanting are **The Indian Summer Eyepencils** from *Bonne Bell.* "Falling Water" (deep blue), "Running River" (pale blue), "Earth" (brown), "Wildgrape" (violet), "Evergreen" (silvered green), and "Thunder Cloud" (slate gray) give you an idea of the true-to-life colors. And these pencils are soft enough to use just inside the upper and lower lids where the smudgy, smoky tints look most effective. $3.25 at drug and department stores.

New cleanser for oil and oil-prone combination skin: **Noxzema Antiseptic Skin Cleanser.** It's an astringent that deep-cleans, moisturizes, and de-oils the skin without that dreadful stripping. Once a week for dry skin isn't a bad idea either, because of the bacteria-killing properties of the antiseptic. Just wet your cotton ball with water first. They've managed to keep that icy, tingly scent that Noxzema Skin Cream has, too. In a 4-ounce plastic bottle, by *Noxell,* $2.15; 8 ounces, $3.75. Available at drugstore counters and supermarkets everywhere.

If you want to add something to your makeup that's "drop-dead gorgeous," yet subtle and understated at the same time, try *Lancôme's* **Maquiglacé Special Effects Powder.** This silky, featherweight stuff comes in three colors you can use to accent your eyes, hair, skin, clothes, even jewels. "Vermeil" is a shimmering sandstone; "Opal" is a slightly golden rose; "Amethyst" like lavender hints of light. Use on face, ears, shoulders, knees, ankles—you name it. $12.50 an ounce, at fine department stores across the country.

PAULA RICE JACKSON



Your fragrance and herbal almanac

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Circa: October 23-November 21

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MARIA REACHI

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GROWING HERBS AND GREENS INDOORS

To add summer flavor to winter meals, grow healthy plants indoors

By Millie Owen

ROSEMARY

Growing herbs and greens indoors is not always what they tell you it is. You can't expect perfection. But do it anyway. Freshly grown things are infinitely better than dried: They taste greener, they smell better, their varied foliages are pleasant to look at, and they remind you that summer will return.

The plants I like to grow indoors each winter are: basil (green and purple), chervil, chives, dill, marigolds, marjoram, nasturtiums, parsley, hot red peppers, rosemary, sage, winter savory, tarragon, and some sort of thyme. These are plenty to care for, but I add others for experiment or fun, depending on how much space and time I have.

If you've never grown herbs or greens indoors, the easiest way to start is to go to a nursery and select plants. Somebody else has done the hard part—seeding, potting, and nurturing—and you have healthy, tidy plants that you can start harvesting right away. This gives you self-confidence, and if you can't grow plants outdoors, it means you don't waste a whole packet of seeds when you want only one pot of something.

Unfortunately, many nurseries do not carry herbs, or if they do, they confine their selection to parsley, chives, and rosemary, with perhaps a few annuals in spring. Ask your local nurseryman to start the ones you like. You may have to pay an extra fee, but it's worth it if you have limited facilities and time. Search out local herb lovers for plants as well. If you can't get plants locally, order them by mail.

If you have an outdoor garden, you can pot up small herbs and young lettuces and greens to bring inside. Do this on a cloudy day, and have clean pots, sterile potting soil, and buckets of mild soapy water and clean water handy. Dig plants carefully and hold the root ball in one hand while you dip the plant foliage in soapy water, then swish it in rinse water. Gently rinse the roots in clean water to remove soil. Replant them in a pot immediately, and water the soil well. Trim any foliage that looks scraggly, so you have a tidy plant that can put forth new growth indoors.

Light. There was a time when herbs and greens needed sunlight to thrive. Today they can flourish in a closet. Artificial lights for plants are a boon for apartment dwellers, but they also have many benefits for those of us who have long gray winters.

Most herbs grow well in a spot where they get full morning or afternoon sun. But many herbs grown indoors are not showy plants, and a row of them on the windowsill often looks simply cluttered or uninteresting. I prefer to put larger plants and trees in the window areas and group most of my herbs and greens under plant lights in less conspicuous places. A few herbs will do fairly well without full sunlight. Try chervil, lemon balm, and mint in a sunless window or an area with reflected sunlight.

Pests and diseases. Pests are my greatest frustration in growing herbs and greens indoors. I think I've done everything right—soil, light, water—and suddenly there is an insect invasion.

Sooner or later you are likely to encounter one of the insects or diseases described below, no matter how you obtain plants. Greenhouse plants are notorious sources of pests. Plants you bring in from outdoors often harbor insects or insect eggs.

Organic gardeners don't use most pesticides, but even people who have no objections to treating plants with poisonous chemicals certainly don't want to put them on herbs and greens they're going to eat. Nobody should ever use systemic pesticides on edible plants. I don't even like to use rotenone and pyrethrum, natural pesticides approved by most organic gardeners, on my indoor plants. So it is important to keep plants healthy and strong against invasion, avoid conditions conducive to infestation, and take immediate measures when pests or diseases appear. Here are some general suggestions and tips.

Plants from greenhouses or nurseries should be isolated for a few weeks to be sure they're pest-free and won't contaminate other plants.

Wash plants brought in from outdoors, checking for pests.

Continued on page 82

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BLOOMCRAFT "Salad DRESSING" by KRINA

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Growing herbs indoors
continued from page 80

Use sterile potting soil and clean pots.

Maintain good humidity in the house.

Don't crowd plants—they need air circulation.

Gently stir soil surface occasionally to aerate it.

If possible, grow plants in different parts of the house, or plant several different ones in one large pot. What attacks one type of plant in one location may spare those elsewhere or different species.

Check plants, especially underleaves, often and quarantine those that are ailing.

Mist or wash plant foliage weekly. If trouble strikes anyway, here are the most probable causes and some ways to deal with them.

Aphids are usually brought in on plants that have been outdoors. Inspect plants, especially new growth, before you bring them inside. Wash off any aphids with soapy water, then rinse well. Remove any damaged growth. Aphids wash off fairly easily and shouldn't be much of a problem indoors.

Mites are almost too small to see, but they can do a lot of damage. If plant leaves turn pale yellow or have pale speckled areas, then drop off, suspect mites. Look under the leaves for fine webs, or a sprinkling that looks like paprika. If you find either, act fast. Spraying them with a blast of cold water or immersing the plants in water daily for several days takes care of these pests. And remember that mites thrive in dry, stale air; increasing humidity and air circulation reduces mite infestations.

Mealybugs are the most difficult to eradicate. As soon as you see cottony-looking specks on a plant's leaves or stems, get it away from other plants right away. The cushiony clusters contain eggs that will turn into grayish oval flat scales about ⅛ inch long. Mealybugs prefer woody-stemmed plants. They're particularly fond of sage and rosemary. Wash the entire plant in sudsy water to which you've added a splash of rubbing alcohol and rinse it thoroughly under a strong stream of water, repeating every few days for a few weeks. Even this may not work if the plant is badly infested. Mealybugs are tough.

Scale insects are often mistaken for mealybugs, and they are related. They aren't likely to be a great problem for the grower of indoor herbs and greens, but if they appear, try the treatments suggested for mealybugs.

Whiteflies are 1/16-inch long with four wings when they are adults. The young ones are scalelike. They usually arrive on plants from greenhouses or outdoors. They especially like basil, so be alert when you bring in plants or cuttings. You'll recognize whiteflies by the little clouds of specks that flutter out when the plant is disturbed and by a sticky substance on the leaves that often contains growths of sooty mold. Pop a large bag over the plant, take it outdoors, and remove the bag. If it's warm enough, wash the foilage outside with a strong stream of water from the hose, wetting both sides of the leaves and rubbing them between your fingers. If it's too cold, shake the plant leaves to dislodge remaining insects, then bring the plant inside and wash it thoroughly in soapy water. Rinse well. Repeat every few days for two weeks, meanwhile keeping the infested plant isolated from others.

If mildew, mold, rust, black spots, or rot appear, you may be overwatering, crowding plants too much, or giving them improper soil. Plants do get infections. Don't blame yourself. Isolate the ailing plant to see if it recovers. If it dies, chuck it out along with its soil and try again.

Don't be discouraged by the few plants that don't make it. Growing plants at home, you don't have the benefits of a sophisticated greenhouse or the hours to nurture plants full time. You're growing herbs and greens for pleasure. And the first time you make a salad of the plants you've grown yourself, you'll realize what a great pleasure it is. ■

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DEAR HOUSE & GARDEN

Answers to your questions. Here we share some interesting letters from our readers. By Margaret Morse

Salty problems

Is there any way to protect the perennial borders along my driveway from run-off from ice-melting salt? Is there some ice-melting chemical plants can tolerate? The brick curb I put in wasn't that helpful last winter.

—N.M., White Plains, N.Y.

Salt and crushing snow pile-up from plowing and shoveling are the bane of driveway and walkway border gardens. (For this reason it's best to reserve the 3 feet nearest the driveway or walk for grass or annuals, which are more readily and cheaply replaced than perennials or shrubs.) Now that your perennials are in, horticulturist James Fanning suggests that you can alleviate the salt problem by shielding the plant roots with a generous layer of mulch. Try sandwiching an apron of heavy plastic between two layers of mulch, sloping the "sandwich" so it's higher on the plant side and overlaps the driveway slightly. He knows of no chemical de-icer that would be kind to plants—some people substitute fertilizer for rock salt, but he cautions against this—it's muddy, expensive, and a fertilizer overdose can "burn" plant roots, too. Another mistake is substituting seaside plants, as these thrive only at the seaside!

Plate-warming ideas

Every Thanksgiving when my father-in-law comes East to visit, he remarks, "But, my dear, your delicious hot food deserves hot plates!" With the oven stuffed with the Big Bird and casseroles, it's impossible to fit plates in too. Any "hot" ideas?—C.M., Farmington, Conn.

Have a dishwasher handy? Schedule your previous wash load so that it'll finish just as you're about to serve, so you're using the dishwasher not just to wash plates but to warm them, too—an energy-saving tip from General Electric.

If not, passing the plates under medium-hot running water and drying them will do. Or you could send for the "Electric Plate Cozy," an insulated, textured cotton platewarmer with pockets to fit ten 12-inch plates. It has one heat setting, so all you do is pop the plates in and wait about 20 minutes. It's available in white or gold for $24.95 plus $1.75 shipping from Hammacher-Schlemmer, 147 E. 57th St., New York N.Y. 10022. Please specify item H3925 when ordering. New York residents add sales tax.

Throwaway chic

I made quite a hobby of decorating wastebaskets and used to be able to obtain well-made oval metal wastebaskets through a crafts store. They stopped carrying them and couldn't help me track down the manufacturer. Have searched (for several years!), but to no avail. Can you help?

—J.K., Dallas, Tex.

A manufacturer of oval tin-plated metal wastebaskets that sells through crafts stores across the country is Keller-Charles of Philadelphia, 2413-27 Federal St., Philadelphia, Pa. 19146. If you write Mr. Sam Katz there (please enclose a self-addressed, stamped envelope), he'll gladly tell you the crafts stores nearest you that stock them. The wastebaskets are available unfinished or in baked enamel (red, orange, yellow, green, blue, or white), as are umbrella stands and large and small watering cans. There are bird seed buckets—in the enamel finishes only—too.

Top brass

Could you please tell me some sources for brass headboards?

V.M.—Brunswick, Ga.

Listed below are some sources for "solid brass" beds, which means that the tubing throughout is of solid brass as opposed to generally chip-prone brass-plate. Some solid-brass pointers from Calvin Donly at João Isabel:

Look for heavy gauge. (This firm uses only .04-inch-thick brass for its beds.)

Shun "loose-jointed" beds. You shouldn't be able to twist rails, especially not the bottom horizontal rail. Sections may be joined with T-shaped fittings or bolts—T-shapes are more durable.

Ask about endpieces—are they molded, spun, or stamped? Molded are most dent-resistant, often have sixteen times the brass. (Another firm, Bedlam Brass Beds, says most *antique* ones were spun, the better to show detail.)

Since floors can be uneven, legs with screw-out leveling devices are a plus.

Dust any brass with a nonscratch cloth (chamois is best). Unlacquered brass needs polishing about twice a year. Lacquered doesn't—but it does need professional stripping about once every five years, since lacquer yellows and lets in tarnish wherever scratched or chipped. *Bedlam Brass Beds,* 19-21 Fair Lawn Ave., Fair Lawn, N.J. 07410. Catalogue, $3 ppd., refundable with purchase. Parts catalogue, $1 ppd. This firm says its brass is .040-.083-inch-thick.

Brass Bed Company of America, 2801 E. 11th St., Los Angeles, Calif. 90023.

Continued on page 154

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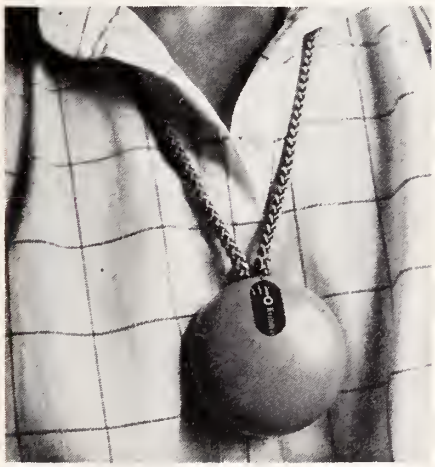
HOUSE GIFTS FOR THE DISCERNING COOK

Some never-before equipment plus updated versions of familiar kitchen helpers.

By Lorna Caine

To season holiday giving with a dash of wit and a generous helping of practicality, here are some of the newest and cleverest ideas to make your kitchen more efficient and cooking more pleasurable.

Why not give yourself a treat and cook your holiday dinner in one of the spiffy new **portable "convection" ovens?** "Convection" or "turbo" simply means a fan draws air in, heats it to the correct temperature, and then circulates it continuously around the oven, cooking all food surfaces evenly at the same time. In conventional ovens the hot air stays still, so you're limited in the amount of food you can cook at one time. However, because all the air is moving and the temperature is stabilized, the convection oven can be stuffed full—a roast and a pie cooking at the same time, for example. Food cooks faster and at lower temperatures, saving you time, energy, and money. The Cuisinart German-designed and stunning Air Surge Oven, which looks like a glass roasting pan, with a removable rack, sitting on an L-shaped power unit, plugs into any 110 voltage outlet. Versatile, it can be placed on a counter, mounted on a wall, or taken outside and used instead of a barbecue. The Air Surge Oven weighs less than 15 pounds and is only 16 inches wide, 14½ inches deep, and 13 inches high. Big enough, though, for a 10-pound turkey. When cooking is finished and the glass is cool, just pop into the dishwasher. The power unit folds neatly to stay put or to store away in a closet. Two dials, one for temperature and the other a timer, are easy to operate. Carrying a full year warranty (but not for the glass), the Air Surge Oven costs $300, is available at department stores and gourmet specialty shops carrying the Cuisinart line.



Timer that hangs around your neck, so you hear chime. White or yellow/orange. By Terraillon. $14 at Bloomingdale's.

Farberware's **Turbo-Oven** convection oven is square, with a removable glass door. You can bake, broil, or roast an 18-pound turkey. Food emerges crisp and moist with juices sealed in and fat drained off. Your kitchen remains cool as the Turbo-Oven's cooling chamber reduces heat. Dishwasher-safe rack, drip tray, filter, and door, plus continuous "Stay-Clean" action makes this oven a joy to use. A cinch to operate. Two dials, one for temperature and an ON/OFF automatic timer ranges from 15 minutes to 4 hours. Just plug into standard household current. Tote it anywhere. On your boat, summer house, porch, patio, or camper. Or just gloat over it on your kitchen counter. A super plus is the set of three stainless steel mesh drying shelves which transform the Turbo-Oven into a dehydrator. You can buy it for $164.99 in its new Rosewood finish.

Make your own cream! The Bel Cream Maker produces 1 cup of cream in 5 minutes. 6 inches tall. $13 at Williams-Sonoma.

To give "bake and serve" a touch of class, Corning has introduced a line of four pristine **white, ribbed baking and serving dishes.** Resembling delicate bone china but with the tough resistance of Corning cookware, "Everyday Gourmet" includes a 10-inch plate for $10.95, a 2½-quart covered round casserole or soufflé dish, $16.95, 2½-quart shallow roaster, $15.95, and 2½-quart covered oval casserole, $18.95. All are microwave-safe and available at the housewares department of leading department stores.

More great news for the holiday hostess: **A nonstick aluminum roasting pan** from France by T-Fal has a bonded nonstick surface of P.T.F.E. or polytetrafluoroethylene permanently impregnated into the metal, making the surface so slippery that absolutely nothing will stick to it. This means you can forget about difficult cleanup after the feast—a whisk of a soft cloth or nylon sponge in warm, soapy water does the trick. (While one initial seasoning of the pan is sufficient with hand-washing, reseasoning *is* required if the pan is put in the dishwasher.) The super-slick surface is a boon, too, for dieters and cholesterol-watchers: No fats or oils need to be added. It costs $19.99 and measures 14 inches. The T-Fal line also includes a 7-inch Fry Pan, $8.99, 1-quart Sauce Pan with Lid $11.99, and a 5-quart covered Dutch Oven, $19.99. Available in the housewares department of leading department stores and gourmet shops.

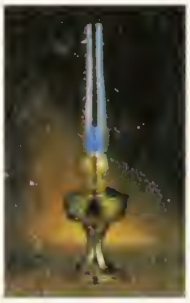
Another note on relatively fat-free cooking is an **Eiffel Tower-shaped, upright roaster** which allows poultry to be cooked in a vertical position, thus releasing excess fats and juices. This unique roaster fits inside the chicken, then a four-spoked top ring is anchored through the neck cavity. A little perforated tray sits on top so that halfway through cooking, you can add butter for basting if you wish. Self-basting and searing produces food that is moist on the inside and crisp on the outside. Take the chicken with the Spanek Vertical Roaster inside it, place on a board, and carve at the dining table. It costs $16, comes complete with basting tray, 8 skewers for shish kabob, which suspend from the top ring, plus a 32-page cook-

Continued on next page

WILLIAM P. STEELE

Set of Hocho Japanese knives. High carbon, hand-ground blades, Japanese magnolia handles. By Kai Cutlery, $125, at Lord & Taylor.

The sole source of light for millions of Americans in the early 1900's is now a classically beautiful way to make certain your home is never without light again. With the power on, use them as decorative, high quality electric lamps. In a blackout they quickly and easily become strong, dependable kerosene-burning lamps—with output equal to a 60-watt bulb. No pumping...no pressure—safe, smokeless and odorless. Free standing, wall mounted and hanging models.



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continued from preceding page

book. At major department stores or order from Spanek Inc., 1364 Drake Avenue, Burlingame, Calif. 94010.

Juggling space in our homes for storage, and in our kitchens in particular, seems to be an ever constant battle. A handsome **butcher block "Food Processing Cart,"** designed to store and hold a tremendous variety of kitchenware, could come to our rescue. It boasts a utensil drawer, a wire underbasket, and a removable cutting board, which really conceals a stainless steel wet well—great for preparing salads. Towel pegs stud the side. There is a sliding food-processor attachment-holder and at the rear a clever knife rack. On casters, so that you can use it as a work island, or tucked in a corner as extra counter space, it stands 36 inches high. By Taylor Woodcraft, $455 ppd. at Kitchen Bazaar, Washington, D.C.

More space-saving ideas: Ken Brozen has designed for Copco a neat **plated steel heavy wire grid,** 15 by 30 inches, which can be attached to the wall or suspended from the ceiling. "Gridworks" can be used singly or in a variety of combinations, whatever your needs may be. Four wall attachments and screws come with each grid, which costs $16. Hooks, a spice shelf measuring 3 by 3 by 15 inches, a utensil rack 3 by 6 by 15, and a catch-all bin 6 by 9 by 15 are also part of this line. Carried by the housewares departments of all leading department stores.

Looking rather like the top half of a tissue-box holder with a full length center groove, **"The Stemware Storer"** does just what its name implies. But upside down. It attaches easily with screws under the shelves of kitchen cabinets or to a low ceiling over a bar. Three to five wine or brandy glasses can slide smoothly into the 11-inch length, an end barrier preventing any slide-through. In rich brown, see-through plastic, the unit is dishwater safe. From Rowoco, it costs $4.50 at Bazaar de la Cuisine.

For hanging practically anything, "The Hookery" is an **aluminum track with two plastic mounting brackets.** Working very much like a lighting track, it can be used horizontally, vertically, under kitchen cabinets, or even hang from the ceiling to accommodate different kinds of kitchen utensils. It measures 18 or 30 inches long and takes six different attachments, which slide or rotate and then lock into position. Both sizes come in Kitchen Copper or Wrought Iron Black; 18-inch track, $10, 30-inch, $13. The hooks and pegs range in price from $1 to $1.40 each and are also available in the same colors, by Rowoco at Bazaar de la Cuisine.

Thrifty cooks with an eye on nutrition, have, for some time, been making their own yogurt. Salton has come up with a new, larger **Family Size Yogurt Maker.** Using the same method and design as the smaller Salton Yogurt Maker, it makes twice as much. Two liters, in fact. An added attraction is the Yogurt Cheese Maker, a cup-like device which sits on top of the parent yogurt maker. You can make a smooth, low-calorie spread adding your favorite herbs and spices. Five glass containers, Thermometer Spoon, and the Yo-Cheese Maker are included with the Family Size Yogurt Maker for only $19.95, or you can buy the Yo-Cheese Maker separately, $5.95, for a pack of two, at Bloomingdale's.

An easy-to-read **digital refrigerator thermometer,** which attaches either flat or at an angle to your refrigerator wall, enables you to regulate its temperature. According to the United States Department of Agriculture, 34° to 40° is considered the ideal temperature for preserving food. From Magic Touch, it costs $4.75 at Macy's.

Oster's gleaming white or almond **electric meat and food slicer** is a beautifully designed object for the kitchen counter. Slice your home-baked breads, favorite cheeses and meats for sandwiches or hors d'oeuvre with the adjust-

Continued on page 94

The French have
always had impressive taste in gifts.
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House gifts
continued from page 92

able, serrated 6⅔-inch metal cuttin blade. The food tray is angled for slicin ease and your platter fits under the con toured back to catch juices. A good safe ty factor: The slicer stops quickly whe your hand releases the operating switch The blade is easily removed for cleanin and the unit stores neatly away. Abou $60, a Food Grip and Thumb Guard i included along with an illustrated in struction recipe booklet and cord stor age, at Abraham and Straus.

Measuring just 2 by 1 inches, a **tin white, bristle brush** will efficiently scrub mushrooms, radishes, or new potatoes clean, without scoring, all ready to pop into your food processor or a salad. By Kitchen Connection, the Mushroom Brush is $3.50 in the housewares sectior of leading department stores.

What cooks a perfect omelet in four minutes, prepares crêpes, French toast and even a pineapple upside-down cake? A handsomely crafted counter appliance proudly introduced by Mirro and aptly named **The Eggory**. Twin removable pans in heavy gauge aluminum measuring 5 inches square and lined in nonstick Teflon II, rest snugly on a tray. One hinged pan serves as a cover for the other to form a mini-bake oven. It plugs into household current of 120 volts, has a thermostatically controlled 1000-watt element. You can buy The Eggory for $29.95, with a recipe booklet included.

When is an egg not an egg? When it's an **efficient egg thermometer** for which even Sherlock Holmes, who liked his eggs to be boiled for 2½ minutes, would have gladly swapped his violin. The Good Egg Cooking Thermometer will give you perfectly boiled eggs, at any altitude, in three categories: soft, medium, and hard. Easy-to-read egg sizes are listed within each category as Small, Medium, Large, and Extra Large. Elementary, my dear. . . . Measuring 8½ inches long and sheathed in hermetically sealed glass, The Good Egg Cooking Thermometer is guaranteed for one year. By Sybron/Taylor Instrument Consumer Products. $4.95.

We all know that Oriental cooking which is based on high, steady heat and fast stir-frying, produces delicious, nutritious food. The concentrated high heat in the wok's flat bottom area cooks meats and seafoods quickly, retaining natural juices. Stir frying has introduced us to light and delicate vegetables. Wear-Ever's brilliant red **electric wok** is made of even-heating aluminum, equipped with heat control, lined with easy-to-clean Teflon, and is a 6½-quart unit with a porcelain base and matching cover. With the heat control removed, the whole wok can be immersed in soapy water. At Macy's.

When the recipe calls for you to make a bouquet garni, those tiny string-tied

Continued on page 97

You're ready for anyone —and everyone— when you decorate with Callaway.

This holiday season, decorate with style. Put a fashionable Callaway area rug in your living room, dining room, anywhere you're likely to have guests. You'll enjoy entertaining as never before. Callaway area rugs come in 80 superb patterns, each in 3 color combinations and 3 sizes, so you're sure to find several that are just right for your home. Callaway area rugs sell for as little as $99.*

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For Canada, Samaco Trading Ltd, 68 Carlsforth Road, Toronto, M4A 2K7 Ont.

ouse gifts
ntinued from page 94

uslin bags packed tight with aromatic erbs, but the string is on a kite and the uslin is currently clothing this year's hristmas angel, don't panic. Rowoco is come to your aid with its **Bouquet arni Bags.** Roughly 2 inches square ad threaded with string, the bags come 0 to a packet, are made of washable cot-n and are reusable. You can buy them r $2.50 at Bazaar de la Cuisine.

There is no question that **food processors** have made an impact on our busy ves, since the first model was introuced five years ago. Speeding up the ecessary steps of chopping, slicing, nixing, and puréeing, this culinary revlution is now entering its second phase. Cuisinarts' new DLC7 with its stronger notor and 46 percent larger capacity owl can produce 3 pounds of bread lough in 90 seconds. Mixing up 6 cups f flour is a snap for this powerful machine. A pulse action with two wide keys rovides a simple on-off system, giving you much more control. The new slicing disc is longer and so gives larger, cleaner slices and there is a shredding disc. Although the new dough disc has an unusual stubby shape, Cuisinarts firmly recommends it. A new feature is the feed tube which can operate either towards or away from you. For greater protection, an extra safety switch stops the machine working when the bowl is not in position. Measuring 7¾ inches across and about 15 inches high, this slim, quiet machine with its gleaming white base and clear Lexan bowl, takes up very little room. It costs $250 and Cuisinarts offers a full year warranty on the entire machine, including the bowl, cover, 2 discs, chopping and dough-mixing blades. At leading department stores and gourmet specialty shops, carrying the Cuisinart line.

A food preparation unit with an impressive array of capabilities is the Blakeslee Super Mixer. Backed by that company's reputation as a leading manufacturer of heavy-duty kitchen equipment, this sturdy, unit can, with its attachments, blend, chop, slice, shred, peel potatoes, sieve fruits for purées, open cans, extract fruit juice, hull peas, grind coffee, and even make cream from milk and butter. Just great for the busy cook. The unit is encased in gleaming white durable metal with heavy-duty blue plastic trim. It takes up 9½ inches of your worktable, is 15½ inches deep and 14 inches high. The unit is available in 5- or 7-quart sizes. $247 for the 5-quart size; $289 for the 7-quart, at Bazaar de la Cuisine.

Not all mixers come with splatter-proof covers, so Kitchen Connection's **"Splatter Shields"** are a welcome addition to the kitchen. Designed to fit any 7- or 10-inch mixer, except KitchenAid, the Splatter Shields are clear, flat acrylic lids with a narrow slit allowing the beaters to slide through. When the Shields are in position, a J-shaped acrylic bar is locked in place, thus preventing any mishaps. The shields are $4.

One note more: Both the KitchenAid 5-quart K5A and 4-quart K45 have their own **pouring shield**, which looks rather like a white plastic collar. You can add ingredients to the bowl while the mixer is working, without making a mess. About $4.50 each from the housewares department of leading stores.

Retrieving her small paring knife which had jammed in the garbage disposal unit, a housewife discovered that the badly bent blade had many uses. The upward curving tip made an ideal corer. Turned on its side the blade proved to be an efficient vegetable scraper. Delighted, she took the knife to its manufacturer Rowoco, where it is now being produced as **The Crazy Knife.** With a stainless steel blade and a rosewood handle, The Crazy Knife is $2.50 at Bazaar de la Cuisine.

Another funny shape from Rowoco that really works is its **all-purpose scraper.** Designed to fit inside the bowl of any mixer or food processor, this white plastic rigid spatula with its broad blade and smooth flat handle will clean up every last delicious morsel. You can buy it for $1.50 at Bazaar de la Cuisine.

A food storage container with a simple push-pull lid has been introduced by Republic Molding called Freezette II. A slight pressure from your finger on a knob in the center of the lid seals all food airtight. To open, simply pull up at the U cut into the jar rim and the lid pops right off, even when frozen still. A welcome change from snap-on lids which so often contract and work loose in the freezer, exposing the contents. Boilproof, dishwasher safe, these sturdy white polyethylene jars carry lunches, picnic foods, and store foods in your kitchen cabinets as well as in the refrigerator and freezer. Sizes range ½ liter to 2½ liters and are priced 79¢ for the ½ liter to $1.69 for the 2½ liter, at participating Ace Hardware stores.

Sheathed in a rugged canvas roll, Imperial's Mighty Oak Collection of seven **sleek kitchen knives** look, feel, and balance like professional cutlery. The high-carbon, stain-resistant American steel blades are tempered, double-ground, and hand-honed for super-strong durability. Three nickel-silver rivets stud the oak handles and the sharpening stick's ceramic-coated steel rod makes it harder than steel and less breakable than ceramic. You can buy the nine-piece Chef Roll for $110. By itself, the Chef Roll is $15.95. Individual prices are: sharpening stick, $15; bread slicer, $14; utility steak knife, $7; boning knife, $9; French chef knife, $17; paring knife, $6; roast slicer, $14; butcher knife, $14. Available at all Gottschalk's stores. ■

ALL PRICES APPROXIMATE. STORE ADDRESSES, PAGE 128

For your child! The most marvelous, expensive, crazy (like a fox) Christmas gift of all time. A personal computer.

Not just any computer. The Radio Shack TRS-80 system that teaches, remembers, plays, displays, and makes it possible for kids to understand the problems and delights of today's electronic world.
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As decorative accessories, they enhance contemporary, traditional or eclectic decor. And there's a large selection of handsomely styled quartz models to choose from. That's why a Seiko Quartz clock also makes a perfect gift. All come with the Seiko one-year warranty, and the kind of dependability and quality you expect from the world leader in quartz technology. You'll find them at better jewelry, department, luggage and gift stores. **SEIKO**

(Shown. LQ0660) A superb touch in the midst of a treasured book collection, this elegant wood-grained Seiko Quartz clock, the dial an elegant Old World Roman numeral design.

(Shown: QP005G) An extraordinarily beautiful design for the most personal of settings, this marvelous Seiko Quartz clock with bold Roman numerals.

(Shown above: QP004S) De rigueur in a well-appointed office: a handsome, distinctive and very accurate clock like this superbly contemporary Seiko Quartz.

(Shown at left: LQ0450) Among your favorite things, your favorite clock: this sleek Seiko Quartz with a touch of classic elegance in gold-toned hues.

HOLIDAY WRAP-UPS

By Diana Lea

New ideas for packaging presents—papers, ribbons, boxes, totes, and tins

Beautiful paper makes the routine tie seem special; tins turn into canisters after the cookies are gone. What a present comes in counts, sometimes, as much as what's inside.

This year big headlines in wrapping—a new **reversible paper,** for instance, with toys on one side, polka dots on the other by Hallmark, $1.50 a package. Use it to cover irregularly shaped objects, such as bottles of liquor, so that when the paper is bunched at the top or ends an attractive lining shows; or to vary boxes that stack into a multipart gift (the letter opener, pencil box, and blotter that make up a desk set); or to cut out decorative shapes that color-coordinate with the paper wrapping on the present.

Another wrapping hot off the press—papers bordered with **cut-off paper ribbon** that winds around the package and stays on with glue. Some papers are printed in Provençal-like patterns with striped ribbon, by Faroy, $2.50 a package at Cargo Houston. Others combine two paisley prints, by Noreross, $1.25 a roll.

In terms of graphics, the marbelized papers stand out—in dark tones like brown, maroon, blue, and green, by Faroy, $3 a roll at Cargo Houston. Or in swirling pastels threaded with silver, by Matagiri, $5 a package at Paper Parlor Ltd.

Papers catering to special interests abound. For the cook, pots, pans and ladles, "Gourmet Kitchen"; for the club man, objects from the den—cigar box, cards, pipe—"Houndstooth"; for the history buff, scenes from medieval England, "L'Histoire"; for the fine arts connoisseur, a reproduced silk panel from the Boston Museum, "Bamboo Design"; for the green thumb, Impressionist-style blossoms "Flower Garden." All about 85¢ a package, by Caspari. For kitty enthusiasts, various pedigrees, "Cats"; for adventure lovers, lions and lush foliage, "Jungle"; and for those struck by the Tut exhibit, Pharaohs and exotic birds, "Egypt." All by Faroy, $2.50 a roll at Cargo Houston. Even the romantic can express fervor with white paper sealed with lipstick kisses, "S.W.A.K." by C. R. Gibson, $1.25 a roll.

Straight out of a country store, **old-fashioned fabrics** (ginghams, plaids, stripes, calico, and polka dots) this year reproduced on paper, by Stephen Lawrence, $1.25-$1.50 a roll at Garfinekel's, as well as ribbon, by Gordon Fraser Gallery Ltd., $2 a roll at The Cadeaux. For a modern interpretation of the same stripes, plaids, and flowers, watch for Marimekko's newest collection of papers, $1.50 a roll at Conran's, New York.

Star Wars fans will delight in a paper that carries out the intergalactic theme. By CPS Industries, $1.25 a roll at Fifth Avenue Card Shop.

Still the classic of wrappings, heavyweight **lacquered paper** always comes on rich—whether in hot colors like shocking pink, turquoise, and marigold yellow or conservative tones like wine, gray, and chocolate brown, by East House, $1.50 a roll at Macy's.

Or for pure understatement that could only be British—a collection of patterned papers carried out with deep, **offbeat colors**—mauve, forest green, creamy brown—and exquisite detail, by Nigel Quiney of London, 50¢ a sheet, $2 a roll at Bloomingdale's.

And finally! An alternative to drab brown mailing paper: a blue and beige design of snowflakes and doves, with labels and seals to match, by Hallmark, $1.25 a roll.

Two ribbons for those who finger-boggle a bow—the first is yarn ribbon available in solids or the new tri-color variation, by East House, 60¢ a card at Macy's; the other a gold mirror-like ribbon so shiny you can actually see yourself in it. East House, $1 a spool at Macy's.

Package decorations that pin or stick onto wrappings are often gifts by themselves. For instance, to blend in with the old-fashioned theme: blue and white calico-like pot holders shaped like a sugar bowl or cream pitcher, by Specialty Sewn Products, $2.50 at The Ivy Shop; yellow tulip-shaped glass cases, by Specialty Sewn Products, $4 at The Beehive; or calico initials which later can iron onto T-shirts or jeans, by Freelance, 40¢ each at American Rochelle Card Shop.

To sparkle up a super-large gift, spread a 24-by-36-inch metallic 1979 write-on calendar across the face of a box, $11 postpaid from Hambly Studios.

In lieu of tags or cards, attach a key-ring, engraved with initials, onto a bow. The most lavish—sterling silver, $11.75 at Tiffany.

Continued on page 104

From top to bottom:
Michelangelo 4-pc. serving set in stainless.
Relish tray in silverplate with glass insert.
Venetia iced drink spoon set in stainless.

Fluted serving dish in silverplate.
Set of 4 napkin rings in silverplate.
Act II 20-pc. service in stainless with tray.

Chateau 4-pc. steak knife set in stainless.
Compote in silverplate.
Bamboo salt and pepper set in silverplate.

At fine stores. © Oneida Ltd., 1978.

Showplace gifts by

ONEIDA

The silver cube. Our silversmiths' mark of excellence

"YOU HAVE TO TOUCH IT TO BELIEVE IT."

—POLLY BERGE

SINGER INTRODUCES THE TOUCH-TRONIC* 2001 MEMORY MACHINE.

Never before in history has a sewing machine made sewing so easy.

There are no dials to change. No cams to set. No adjustments to make.

Just touch the picture of the stitch pattern you want on the exclusive *Touch-Tronic* Memory Panel, and you've got it.

The machine's *Touch-Tronic* memory remembers any of 27 stitch patterns instantly, with the programmed length and width.

"I TOUCHED AND BASTED." – Mary Jane Foster

TOUCH, THE BOBBIN WINDS ITSELF.

But that's only part of it.

The memory knows how to sew a mirror image of the stitch pattern. All you do is touch the "mirror image" symbol.

Reverse stitching is easier on the 2001 machine, too. Touch once, and sew in reverse as long as you want. Touch and hold, and you sew in reverse only till you take your finger away.

And when the bobbin's low, a light flashes to remind you to refill it.

"I TOUCHED AND FELL IN LOVE." – Helaine Carlin

We've even built in a needle threader guide to help you thread the needle.

But you don't just get easier sewing with the *Touch-Tronic* 2001 Memory Machine. You also get better sewing.

Like many Singer* machines, the 2001 machine measures your button and makes a buttonhole to fit it in one step.

But the 2001 machine does it a bit differently. The memory lets it sew down one side of the buttonhole, make the bar at the bottom, and then sew back up *the same side.* Then it sews down the other side and back up that side.

The result is a buttonhole that's expertly balanced, slightly heavier, and better looking than a machine's ever been able to make before.

Of course, the 2001 machine has other Singer features to make sewing easier.

TOUCH, IT HELPS THREAD ITSELF.

Like a bobbin that winds itself, right in the machine, with thread right off the needle. The *Flip & Sew** panel you just drop down to get a narrow arm for sewing in cuffs and pant legs. And our single pattern feature – touch the single pattern symbol and the machine sews one unit of any pattern, then stops by itself.

"I TOUCHED AND SEWED AN INSTANT HEMSTITCH." – Nathalie Blossom

THE BEST BUTTONHOLE A MACHINE'S EVER MADE.

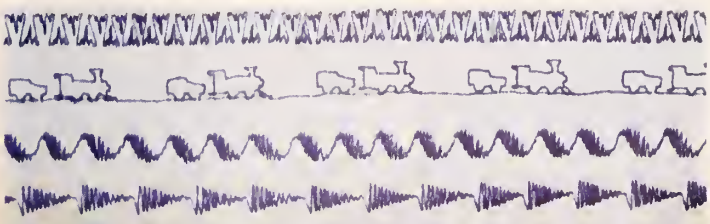
The *Touch-Tronic* 2001 Memory Machine is so easy to use, you can forget about your sewing machine, and concentrate on sewing.

But no matter how much you read about it, you can't really understand how incredible it is until you sew with it.

So come in to Singer.

And touch one.

27 STITCHES JUST BY TOUCHING.



100 MILLION PEOPLE SEW EASIER WITH SINGER.

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WHEREVER YOU'D
DRIVE A NAIL!

You'll handle all of the 1,001 home fix-up fastening jobs faster, cheaper, better! It's a breeze: one *squeeze* and you've nailed it with Arrow's powerful T-50 Staple Gun! All steel construction, jam proof, lasting chrome finish. Uses six staple sizes.

No. T-50MP 8-PIECE MULTI-PURPOSE STAPLE GUN KIT includes Arrow's All-Purpose T-50 Heavy Duty Staple Gun plus all these extra accessories: slip-on Wiring Attachment, slip-on Screen Attachment, slip-on Shade Attachment, staple lifter; 1250 T-50 ¼" staples; 1250 T-50 ⅜" staples, 1250 Ceiltile staples. Complete with heavy duty molded storage case.

Sold at all leading Hardware, Home Center and Discount Department Stores everywhere.

ARROW FASTENER COMPANY, INC.
271 Mayhill Street, Saddle Brook, N.J. 07662

Holiday wrap-ups
continued from page 100

To give a gift meadow freshness, a fragile silk flower—lovely enough to solo by itself in a bud vase, from $2, at Diane Love.

Gifts that eome in **decorated boxes** serve a dual purpose—they need no wrapping (just stiek on a card, maybe a bow) and they ean be employed, post-Christmas, as eontainers for stationery, eandy, pins, and a hundred other odds and ends.

Preeious enough for teardrop-sized jewels are Limoges ehina boxes flurried with flowers, from $11, at Godiva Choeolatier, or laequered papier-mâehé boxes, hand-painted in assorted animal designs, by Feteo International, $12, small, or $20, large, at Brentano's.

To nestle cuff links or studs, a eontemporary maroon or blaek-laequered hexagon-shaped box, distinguished enough for the exeeutive's desk, from $3, in the stationery department at Bloomingdale's.

Keeping romanee alive on a bedroom bureau, a heart-shaped box, covered in blue and white "Country French" eotton and deep enough for a belt by Domain, $40 for a set of 3, at Belknap and Purcell.

For kids, a "stash" box with "Ziggy" eartoons. They can stuff them year-round with erayons, bubble gum, paper dolls, or trading eards, by Freelanee, $1.50 at Spain's.

The marbelized look has also landed on letter and file boxes with hand-made, pale-tinted English and Italian book paper, at fFolio 72, from $25. A less expensive version are the darker green, blue, brown, and maroon marble papers that not only eover large file boxes, but also smaller reeipe and string (eomplete with seissors and jute) boxes, so they don't look misplaeed in rooms outside the kitehen, by Faroy, $6 for the reeipe box; $7.50 for the string box; $12 for large file box at Cargo Houston.

The most praetieal of boxes finally made stunning! Shaped like a Red Cross eross in sleek white plastie, this first aid box is systematieally paeked with boxes labeled and filled with eotton swabs, aspirin, antiseptie eream, and adhesive strips: great for road trippers, sailors, eampers, or any home owner who doesn't want to rummage through a medieine eabinet when mini-disasters strike. "MediSign" at Conran's, $27.

They're almost "just plain eardboard" boxes—exeept they're finished in brilliant-eolored laequered paper that needs no more than a ribbon. In enough sizes and shapes to fit almost any gift, by East House, from 30¢ at Maey's.

Students, seeretaries, housewives, gardeners—everyone needs **canvas totes,** and they're roomy enough to eoneeal nonwrappables like tea kettles or tennis raekets—or a pet.

The most popular trend is the "Talking Totes" with seripts like "Garbage," "Bear Essentials," and "Bean Bag," all by Freelanee, $7.50 eaeh at Burdines.

Other totes piek up on the travel theme like the "I Love New York" bags, $3.99 at Woolworth's; or they appeal to speeial age groups like the "Feed Bag," a plastie-lined, shoulder-strap tote that is aetually a ehild's lunch box, $3 at Woolworth's.

For bikers eontemplating a pienie in the eountry, a "Petit Pique-nique" tote with inside poekets for wine and bread, by Now Designs, $13.50 at Liberty House. Still more Freneh flair eomes with a red and blue "Bonaparte bistro-striped" tote that is definitely the smartest shopping bag this year, by Now Designs, $8.50 at Positively Main Street.

Winning the prize as the biggest tote—an enormous laundry bag, silk-sereened with a skunk that faeetiously says, "Sniff, Sniff," by Designs Too. $10 at Linen 'N Things. At the other size extreme, a tiny wine or blaek velvet poueh appliqué with eream laee—a faney eover-up for perfume, jewelry, or potpourri, by Christmas Dream, $7 at Carson Pirie Seott.

For the holiday hostess—put eoektail stirrers in a small, elear plastie tote serawled with "eheers!". Guaranteed for its staying power as a bar regular all year, by VanHorn-Hayward, $5 at Handmakers.

Not new, but often hard to traek down, are the copies of the **turn-of-the-century tins,** onee the paekaging for eoffee, tea, and biseuits. Several wind up "outstanding."

For giving homemade eookies, either a turquoise and red Toyland Peanut Butter tin, $3, or a red and green Huntley and Palmers Ginger Nut tin, $3.50. Both by Case, at May Co.

For eanisters that bring Ameriean nostalgia to the pantry shelf, a three-pieee set of Franklin's Famous Java Coffee tins, by Case, $16 at all Pranges stores.

Shaped like a red English telephone booth and imported from Switzerland, a tin high enough to hold eandy eanes, by Case, $8 at May Co. Or for bonbons to go on a little girl's dressing table, a Vietorian pale pink tin painted with angels, by Faroy, $7 for a set of two, at Cargo Houston.

Unusual packaging for usual gifts: As planters for holly and ivy, wooden berry and mushroom boxes fresh from the farm, by Craeker Barrel, from $1.25 at Mädderlake. To deliver an assortment of miniature plants, a ehieken eoop that ean later turn into a hanging shelf or eoffee table, $32 postpaid from Craeker Barrel. For bubble bath, a white, red, and blaek trimmed glass jar labeled "vita-

Continued on page 106

If necessary, hearing aid adapters are available from your telephone company. The Mickey Mouse Phone. © Walt Disney Productions

A genuine Bell phone. There's nothing more fitting for your father, mother or anybody you're close to.

Bell telephones come in all sorts of colors, shapes, and sizes. With all kinds of customized calling services.

Which means you can choose a phone that's genuinely them. And still get a phone that's genuine Bell.

And since all the working parts remain ours, if there's ever a problem, we'll fix it at no extra charge.

Now that's the kind of quality you won't have any misgivings about.

Bell System

BE CHOOSEY

New! Our self-cleaning range that remembers when to cook and clean.

With just a touch of your finger, the new Magic Chef TouchMinder range remembers how long your dinner should cook, and when you want it done.

Even figures out when to start.

So you don't have to subtract one hour and 40 minutes from 6:15 and hope you've figured right. Instead, just tell your solid state TouchMinder range what time you want to eat and how much cooking time your dinner needs. TouchMinder does your calculating.

You don't need to be there.

Once you've told it what to do, you can take care of other things. At home or somewhere else. Because your Magic Chef TouchMinder range remembers to start and stop by itself. Even if you're not there.

"The difference will save you time."

Remembers to clean your oven, too.

Just set it to start cleaning now, or set it to clean itself later. Either way, you'll never have to scour a messy oven again.

Magic Chef.
TouchMinder electric & gas ranges

mins"—or use it as a container for the real thing, by Lillian Vernon, $5 at Apropos. For plane tickets or a gift of cash, a fantasy envelope colored with either an elephant, a rainbow, or a balloon, by Freelance, $1.25 for 10 at Hecht's. For nuts or chocolates, lacquered basket-boxes in animal shapes from the People's Republic of China—a kelly green cardinal by Boxer and Ashfield, $9 at Hecht's. Other offshoots are bamboo-woven boxes shaped like apples, $9.50; pear, $10; and tangerines, $5.50. All by L'Art de Chine at Jenny B. Goode. To wrap wooden spoons, salt and pepper shakers, or a stack of crème brulée dishes, a gingham dishtowel, 69¢ at Woolworth's. For a party supply of eggnog, an antiqued milk can that can work later on as a planter, $34 postpaid from Cracker Barrel. ■

PRICES APPROXIMATE. STORE ADDRESSES, PAGE 128

COMING NEXT MONTH:

CHRISTMAS! HOW TO MAKE THE MAGIC HAPPEN—WITH FABULOUS TREES TO LIGHT UP YOUR ROOMS, ENCHANTING DECORATIONS TO DO YOURSELF, HOMEMADE PRESENTS, AND HOLIDAY FOOD FROM AROUND THE WORLD.

DON'T MISS DECEMBER HOUSE & GARDEN ON YOUR NEWSSTAND

Give an English legacy at the Yuletide.

Butler's Table
The epitome of fine English furniture.
18" high.
25" X 35" top.
$95 + $5 shpg.

English Officer's Field Bar
Removable tray, folding base.
30" high,
30" X 18" top.
$39 + $5 shpg.
Available with brass corner braces—add $10.

English Wine Table
With detailed leathery top.
20" high,
13" dia.
$19 + $3 shpg.

Cigarette Table
Gracefully sloped legs.
Solid brass handles.
20" high.
14" X 10" top.
$22 + $3 shpg.

Tea Table
Lovely small side table.
19" high.
12" X 18" top.
$22 + $3 shpg.

Pembroke Table
Elegant drop leaf design.
19" high.
17" X 18" top.
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A sterling selection of fine English antique reproductions. Handcrafted of mahogany with careful attention to authentic detail. Hand-rubbed finish. Lovely, charming and practical pieces steeped in centuries-old tradition. And at prices that reflect an ages-old spirit of Christmas when thoughtfulness and good taste counted for more than cost.

Naturally your satisfaction and delight are guaranteed. To expedite your order, telephone us or send check or money order or charge MC/BA-VISA, DC. Please include your expiration date. Send $2 for our full color product publication.

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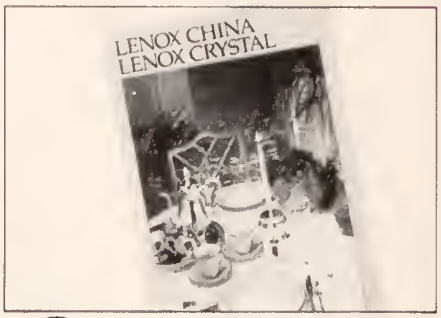
Telephone: 504/891-4405 — Showroom: Uptown Square

House Gift Collectibles 1978

The catalogues and brochures illustrated on these pages present products of distinguished companies. Each features special House Gift Collectibles which you can easily match to the households on your gift list. Use the coupon below to order any or all of these booklets through House & Garden for the next three months. IF YOU WISH TO TAKE ADVANTAGE OF THE GIFT SUGGESTIONS THEY OFFER IN TIME FOR THE HOLIDAYS YOUR ORDER MUST BE RECEIVED NO LATER THAN NOVEMBER 1.

1 The Bombay Company's 28-page, 4-color catalogue shows their fine English antique reproductions. The products are photographed in old New Orleans settings. $2

2 Hamilton Beach made electric knives a household word, fast cookers a family affair, a yogurt maker for better health. . . and now the "2001" blender and "2002" food processor. Delightful catalogue features these appliances and more.



3 Lenox China, the dinnerware of presidents and kings is shown in both contemporary and traditional patterns with serving pieces. Lenox China harmonizes beautifully with both clear and colored hand-blown crystal by Lenox. The five-color booklet also features barware and gift ideas for everyone.

4 The Seiko Quartz Designer Clock Collection combining Quartz accuracy with a new dimension of elegance. Clock dimensions and features are shown in this handsomely illustrated color catalogue. Seiko Time Corp. $1

5 "Orrefors is for Giving." A 24-page full-color brochure showing the best of Orrefors Swedish Crystal. The booklet covers all product categories and provides a wealth of ideas for gifts and for your own home decorating. 50¢

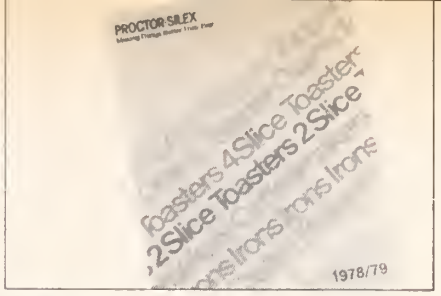
6 World Carpets has reproduced the finest old world designs, and captured the beautiful fidelity of abstract Danish-Rya rugs in their American World Rug Collection.

7 Kosta Boda, Sweden's oldest and largest glassworks, offers two booklets illustrating their most popular giftware, stemware and barware patterns. 25¢

8 Callaway Area Rugs set the mood beautifully for everyone this holiday season. Callaway Area Rugs come in 80 superb patterns, each in three color combinations and three sizes. Full color brochure filled with patterns and room setting ideas. $3

9 Wedgwood China, designed for function as well as beauty. Let this leaflet be your guide to the many moods of Wedgwood; from elegant bone china to practical and pretty dinnerware choices. 25¢

10 Oneida Silversmiths brochure presents the best collectibles in flatware, with full color selection of silverplate, gold electroplate, and stainless tableware in twenty magnificent patterns.

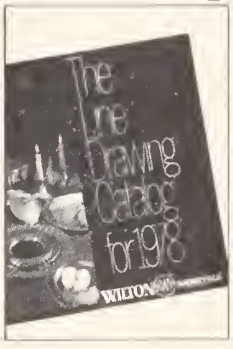


11 The Proctor-Silex 1978/79 Product Catalogue presents an exciting array of multifunction countertop appliances that are attractive and convenient to use. Perfect for gift giving.

12 Royal Doulton Figures have been warming the homes and hearts of collectors the world over since 1913. . . and nothing warms the home like people. These beautifully hand painted English figures are shown in full color in a 72-page catalogue. $2

13 Nostalgic Aladdin Kerosene-Electric Decorator Lamps. Catalogue pictures the wide range of models. Aladdin lamps can be converted to electricity in seconds. Excellent for power failures.

14 Wilton Armetale . . . the compatible metal. Spread the joy of the holiday season with a selection of distinctive Armetale dinnerware, accessories and gift items. Over 500 pieces from which to choose. 75¢



15 Magic Chef Touch Cooking. Ranges and microwave ovens with precise touch controls for "free time" automatic cooking. Other models include gas and electric self cleaning or continuous cleaning ranges, counter-top and eye-level combination microwave ranges.

16 Arabia of Finland. Catalogue sheets illustrate the very best of this Scandinavian dinnerware. The shapes, the colors, the surface designs have all been created to please the most discriminating taste. 25¢

17 Instant Spa! Brochure illustrates the new shower accessory that works on the same principle as a steam bath, turning hot water into a soothing steamy mist. Installation requires only a pliers or an adjustable wrench. B & M Mfg. Co.

18 Sial offers a new concept in dinnerware. Brochure shows a wide choice of durable, detergent-proof settings, with the purity of stoneware, equally at home in the oven, refrigerator, or dishwasher.

Order Coupon
For House Gift Collectibles Booklets, November 1978

Circle the number of each booklet that you want, and enclose check, money order or currency in amount indicated for those requiring payment. Add $1 for postage and handling. No stamps. Allow up to four weeks for delivery.

1 $2 **2** **3** **4** $1 **5** 50¢ **6** **7** 25¢ **8** $3 **9** 25¢ **10**

11 **12** $2 **13** **14** 75¢ **15** **16** 25¢ **17** **18**

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Offer expires 2/15/79

HOSTESS NOTES

Invitations: the fun before you get there

Twenty ideas to make your party a success

By Patricia Falzarano

The party begins when an imaginative invitation arrives because it amuses your guests, sets the scene, and creates the mood. "I like fantasizing with an invitation," says designer Gloria Vanderbilt, "a pretty one can be so intriguing and a promise for tomorrow." It's the introduction to your party and tells far more than the basics what, when, and where.

No surprises

Guests want to know just what you've planned so there are no unpleasant surprises. Is it black tie, informal, or bring your bathing suit? You've probably heard of someone who's never forgotten the evening he was wearing the only business suit in a field of tuxedos! Is it a dinner party at 7 or a wine tasting at 9? George O'Brien, Vice President and Design Director of Tiffany & Co., says the best invitation he could receive would be the menu—so he could anticipate the tastes of things to come. Remember to give specific information—cocktails from 6-9, we'll present the award to Mr. Smith at 8. This way no one misses a thing. Let guests know if a friend or escort is included in the invitation. Are parents invited to stay when they deliver their children to a party? Or vice versa, when an invitation arrives for the parents, are the children included? Guests welcome an invitation that tells them what's ahead so they know how to dress, if they should make their own dinner plans, and just who is invited to come along.

Fanfare and streamers by John Noblitt

Mapping it out

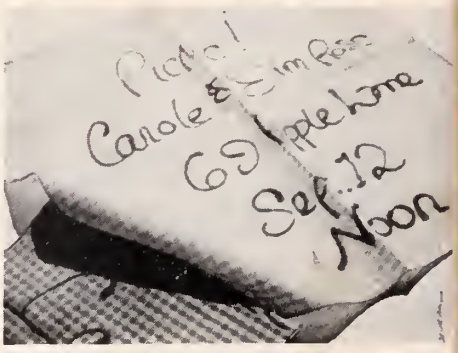
If your house is difficult to find, draw a map showing the most direct route with landmarks, and attach a photostat to each invitation. Or, consider having the map printed on the back of a simple invitation card and keep a supply for future parties. One couple made their card by reprinting a road map then marking their own route.

Phone first, write later

A modern and popular way to extend an invitation for a small cocktail party or dinner is to telephone then follow up with a reminder note. Traditional reminder cards are customarily engraved in black on white, however now many people are using colors, says Letitia Baldridge, former Social Secretary to The White House—yellow engraving on gray card, fuchsia on pink, chartreuse on lime. The fun now is color, except for the most traditional or formal invitations like weddings and academic receptions. Using color and imagination, Donna Lang, of Lang/Robertson Ltd., interior designers, sent this reminder for a garden party—she tied a garden glove and attached a DON'T FORGET card with details. For a swimming party, why not wrap up a small sea shell in bright tissue and send along with a remember the party note? When the party is for someone, you might send along a photograph of that person with the specifics written in the lower corner or on the back. Upon returning from Paris, entertainer Liza Minelli sent an invitation for a dinner dance

Continued on page 112

TETSU OKUHARA



Green thumb and flower for a garden party, by Donna Lang. Below: Maggie Morse's picnic invitation on gingham napkin.

When you buy SilverStone, buy Slatecote bakeware to match...

*Du Pont's registered trademark for its premium non-stick surface

TEFLON II

Enterprise also makes a complete line of quality non-stick cookware coated with improved Du Pont Teflon*

Enterprise
A Lancaster Colony Company
The Enterprise Aluminum Co
Macon, Georgia 31210

Yes!
You are reading this through a glass.

A glass washed in Dishwasher ***all.*** Clean. Clear. Spotless as can be. Because Dishwasher ***all*** has a built-in rinse agent formula. If your glasses don't look like this, it's time you started using **Dishwasher *all.***

Why do so many people replace their dishwashers with KitchenAid?

It's hard to appreciate how good a value a KitchenAid dishwasher is.

Until you've owned one.

And KitchenAid owners just about swear by them.

They say things like, "I can load it any way I like and everything comes out clean."

"I don't have to hand wash anything, even dirty pans come clean."

"Has hardly ever needed repairs."

"It runs so quietly, uses less hot water; saves on electricity. It's so dependable."

"It's really built well. It's lasted so long."

"Best appliance we've ever owned."

These are just some of the reasons why, over the years, so many people have replaced their dishwashers with KitchenAid.

And good reasons to buy KitchenAid to begin with.

KitchenAid. Because it's worth it.

Hobart Corporation, Troy, Ohio 45374

HOSTESS NOTES

continued from page 110

with a photograph of just her back and her face turned in profile, underneath it read "Liza's back!"

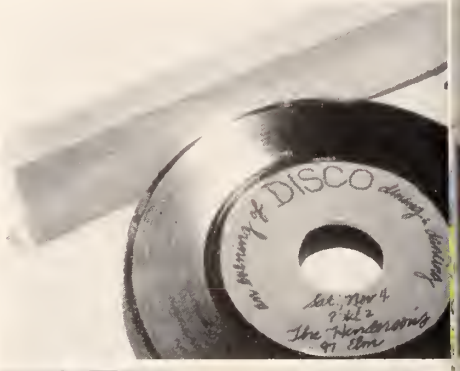
Consider the T-shirt

For a surprise birthday party one hostess delivered to each guest a T-shirt to wear to the party. Each T-shirt was lettered with one big letter which spelled HAPPY BIRTHDAY, CHRIS, when everyone gathered that evening. This really replaced a reminder card, since she first telephoned the invitation to be sure of having proper sizes and followed up with delivery of the shirts. T-shirts offer many possibilities for adult and children's parties; printing is done easily, or stencil it yourself. Depending on your location, have them delivered by a messenger service or ask your children to make deliveries in the neighborhood.

Master the Mailgram

When you want to give a party on the spur of the moment and get in touch with lots of people quickly, a Mailgram is as close as this toll-free number—800-257-2241. A Western Union operator will help you put your Mailgram together—first names and addresses, then your message and signature. Note: Be sure to include your telephone number, so guests can get back to you quickly. In fact, it's a good idea to use your business number if its easier to reach you at the office. There are several methods of billing available—bill to your own telephone number; charge to Visa, Master Charge, American Express; or request that a bill be

TETSU OKUHARA *Continued on page 291*



Top: One for the record! Substitute your own label with party details. Below: Cook up a party. Both by Donna Lang.

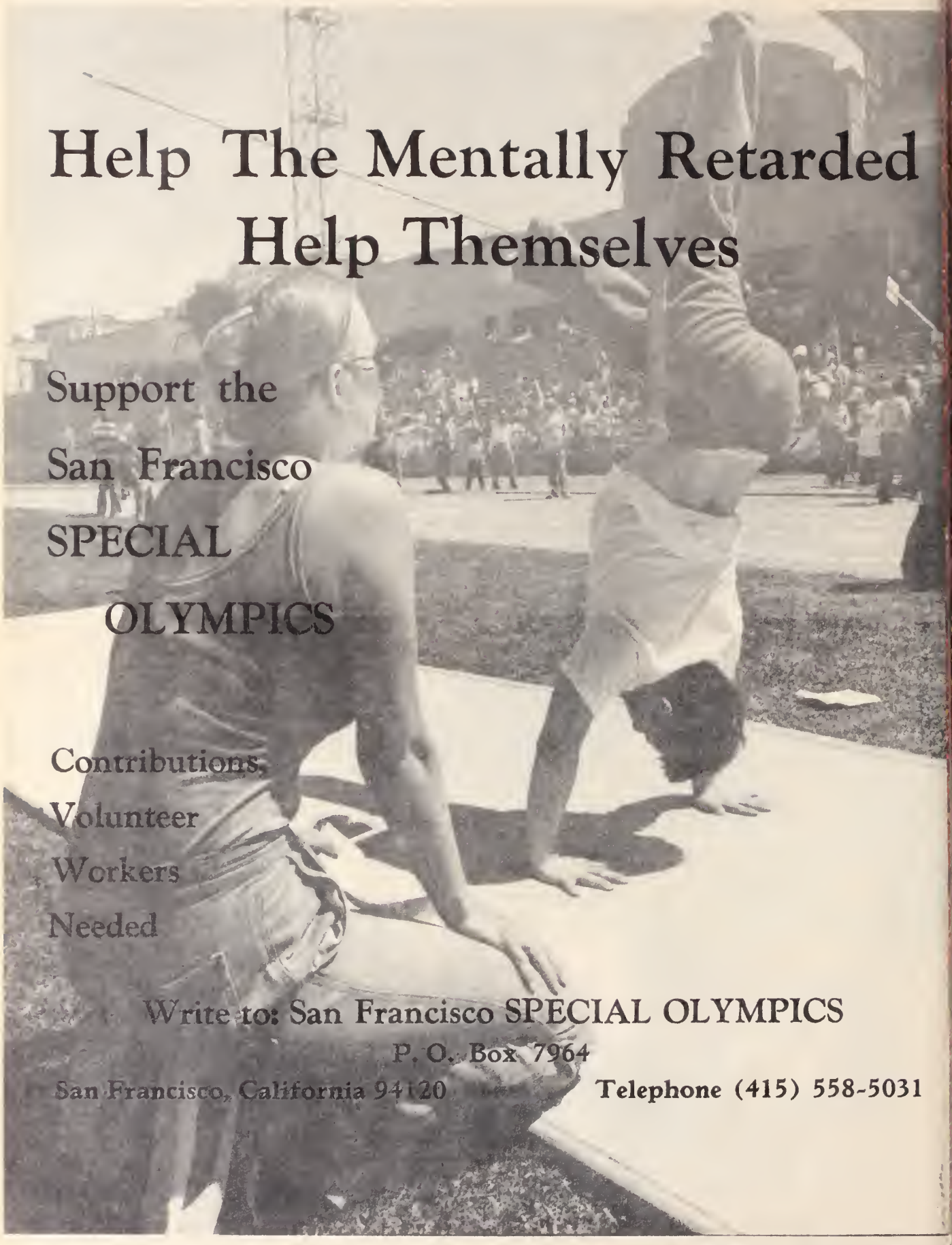
Serendipity is on the rise
In small boutiques of sheer surprise;
In restaurants and galleries,
A courtyard too for taking ease.

THE CANNERY®

Just for the pleasure of it.

Foot of Columbus overlooking San Francisco Bay. Shops, galleries, restaurants, mimes, jugglers, musicians, artists and other delights in a landmark, pre-earthquake, restoration of an old brick cannery.

SF/SH/1



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SF/SH/2

How to keep Western living from getting to your carpet.
Protected by
Soil resistant
Easy cleaning
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3M
Look for this label.
Now there's less need to worry about your active lifestyle getting to your carpet. Just be sure "Scotchgard" Brand Carpet Protector is built in. Because its invisible shield holds dirt loose, near the surface. So vacuuming's more effective. Spills come up with simple spot cleaning. Carpets stay cleaner two to three times longer.
And the protection lasts, even after several "steam" or extraction cleanings.
Today, more and more carpets have "Scotchgard" Protector built in. So make sure your next carpet has the label that means protection: "Scotchgard" Carpet Protector.
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HOUSE FIXER

How to cure creaky floors

3 steps for tightening loose floor boards

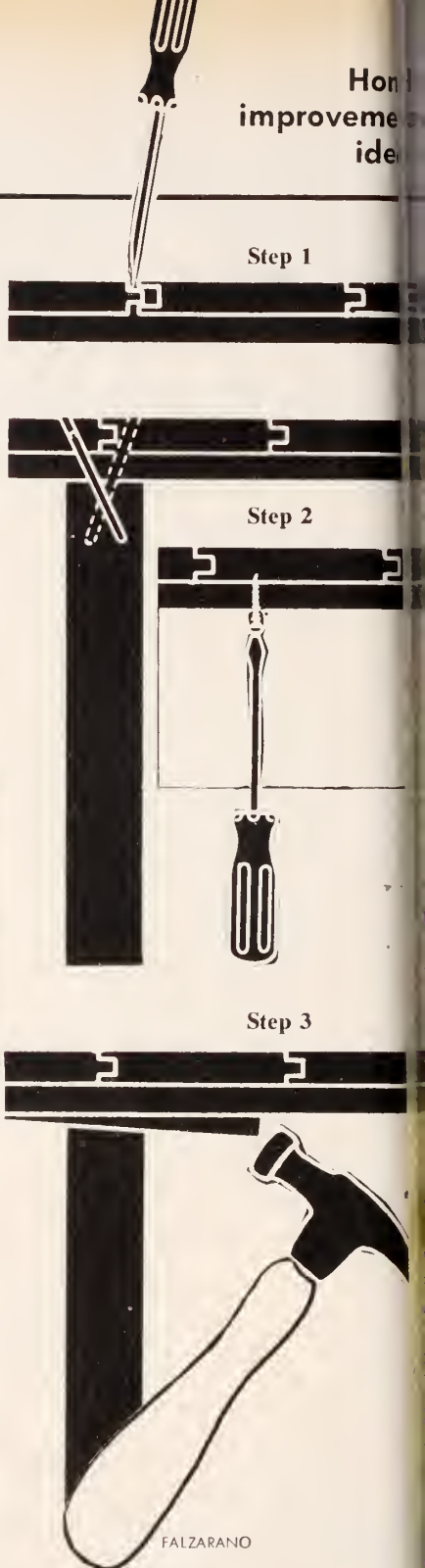
By Deanne Raffel

Houses with wood floors are frequently plagued with an assortment of squeaks and creaks. Loose boards rubbing against each other are generally the source of the noise, and they can be easily repaired in most cases by filling the loose spot with talcum powder, renailing the floor boards to the subfloor, or renailing the subfloor to the joists or beams.

Step 1: Often the best way to end noise made by rubbing boards is to squirt talcum powder in between them. Pace the floor carefully to locate the creak and then pull back any carpeting covering the area. Wedge a thin wood chisel between the boards to create a space for the powder. Rock the chisel back and forth to secure it, but do not drive it in too deeply or it will cut into the tongue or notched edge of the board. Let the talc rain into the opening. Tap the floor next to the area to jostle the powder into the joint. Remove the chisel, sweep up the excess powder, and wipe the area with a damp, not wet, cloth. Repeat a second time if necessary.

Step 2: For areas that talc will not cure, renailing the floor boards to the subfloor or planks beneath the finished flooring will usually eliminate any creaks. If the subflooring is accessible from underneath, as it is from the unfinished ceiling of a basement, it is best to work from the under side. In this case, drill a pilot hole at the squeaky spot. Be sure not to drill it deeper than 1¼ inches or you will penetrate the top surface. Screw in a round-head wood screw or pan-head sheet metal screw to pull the loose board down and secure it to the subflooring. If the subflooring is inaccessible, drill two pilot holes through the top side of the floor surface. Do not nail directly or the wood might split. Use annular ring flooring nails and countersink them or drive them below surface with a nail set. Fill holes with putty stick or plastic filler.

Step 3: If the squeaking spot occurs where the floor is nailed to the joist or beam, there is probably a space between subfloor and joist. This can only be repaired from the underside. Wedge a small piece of wood shingle into space between joist and subfloor. Gently hammer it in, but do not wedge it too deeply so that the flooring is raised.



Super security

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Continued on page 11

The spirit of the Czar lives on.

It was the Golden Age of Russia. Yet in this time when legends lived, the Czar stood like a giant among men.

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HOUSE FIXER

continued from page 114

break in. For the handicapped, there is a hand-held transmitter to signal for help; a heat sensor in kitchen, furnace area, garage signals if temperature reaches 135 degrees F. Added units are available separately. Fyrnetics, Inc., 920 Davis Rd., Elgin, Ill. 60120.

Closet organizers

This system of closet hardware (poles, brackets, "Suspend-A-Pole" arms, shelf clips, pole sockets, and caps) helps you reorganize and increase closet space. Poles are 18 to 48 inches long; brackets are L-shaped; there are pole arms to connect the two. They let you install shelves and clothing rods partway across a closet and at various heights, so space is more useful and flexible. Poles, $1.49 to $2.98; shelf brackets, about $2; Suspend-A-Pole arms, $1.38. Hardware

fits closets 29 to 121 inches wide. 72-inch-wide closet system is $30. Wessel Hardware Corp., Erie Ave. and D St., Philadelphia, Pa. 19134.

Energy saving design

A new House & Garden book, *Solar Houses* by Louis Gropp, has 160 pages of color and black-and-white photographs, plans, and illustrations covering 48 houses designed for solar heating and energy conservation. Included are chapters on houses with passive as well as active solar heating systems, solar houses available from house manufacturers, solar house plans to order by mail, houses remodeled or retrofitted for solar heating. Published by Pantheon, $15.95 in bookstores (paperback, $8.95); or order from House & Garden, Box 3308, Grand Central Sta., New York, N.Y. 10017 (add $1 for postage and handling).

Water economizer

An aerator for kitchen and bathroom faucets, called the Moen Flo-Rator, cuts water bills up to 25 percent, it is claimed. By reducing excessive flow, water waste is curtailed and also the cost of heating water. The small Flow-Rator, less than an inch in length, with a ¾-inch diameter, has a separate kitchen sink and bathroom lavatory version and is readily installed. It fits standard plumbing fixtures, is also part of new Moen faucets and showerheads. At Moen plumbers and dealers, suggested list price, about $1.49. Moen Div., Stanadyne, 377 Woodland Ave., Elyria, Ohio 44035.

Better fireplace function

A new, unique fireplace enclosure, the Conveeto-Pane Plus, includes a heat exchanger providing radiator-like heat from the enclosure as well as radiant heat from the fireplace. Water is poured into hood opening and goes into a heat exchanger. With the fire going, it expands into steam heat rising from the hood top. The glass enclosure fireplace doors are double paned so air is heated in the glass and radiates into the room along with the radiant heat coming from the fire. Enclosure comes in sizes 37 by 28 inches, 37 by 32, 45 by 28, 45 by 32, all black and all antique brass finishes. List price, $695.95. Bennett-Ireland, Inc., 23 State St., Norwich, N. Y. 13815.

Take some of the heat off your heating bills!

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Depend on fix-up products
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New Maytag Jetclean™ Dishwasher out-cleans 'em all.

Gets the dishes you wash most *cleaner* than other leading brands.

New styling adds a smart touch to your kitchen.

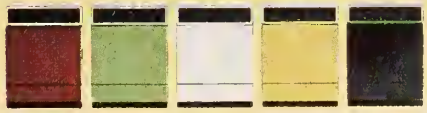
Who else but the dependability people could build a dishwasher this great for you?

We believe the new Maytag **Jetclean™** Dishwasher could be the standard by which all the others must be judged. Here are some of the reasons why:

1. Cleaner dishes for your family. In the regular cycle, this new Maytag gets dishes *cleaner* than other leading brands. Also unsurpassed for getting pots, pans, even casseroles clean.

2. It dries your dishes better than ever, thanks to exclusive new Maytag **Powerdry** which circulates air throughout the dishwasher. Most models let you dry with or without heat, saving electricity.

3. Its new styling and smart colors can sparkle up your kitchen. You can also personalize your Maytag by buying a Custom Trim Kit that lets you cover the front panel with fabric, wallpaper, plastic, wood, even stainless steel.



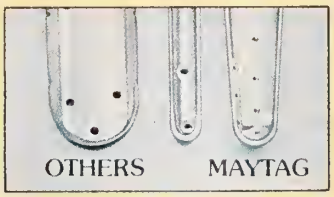
4. We put 10 pounds of sound-absorbing insulation all around the new Maytag Jetclean™ Dishwasher.

5. Maytag gives you cycles for every dishwashing job. Take your choice—built-in or convertible.

6. Loading and unloading couldn't be easier, because we've still got two deep racks, top and bottom. Exclusive Maytag **Dual Deep-Racking** lets you put 10" plates in both racks. Even big, odd-shaped things fit right in.

Hoo-boy. Nobody builds 'em like Maytag.

7. The capacity is huge. You can probably wash a whole day's dishes, silver, glasses, pots and pans for a family of four in one load.



8. The new Maytag Jetclean™ Dishwasher has the tested, exclusive Maytag **Jetwash** spray. Compare with others in the picture above. See? Smaller holes in Maytag Jetwash mean high-velocity water jets with tremendous dish-cleaning power.

9. You also get the tested, exclusive Maytag **Micro-Mesh™** Filter. The small holes in Maytag's filter trap even tiny food particles...won't let them get back on your dishes.

10. Of course, the new Maytag Jetclean™ Dishwasher is built as only the dependability people build 'em...to take it, and keep on taking it. Before you buy any dishwasher, compare at your Maytag Dealer's store. Buy now and save $25 with the certificate below.

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$25 Maytag Cash Refund Certificate

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Your request for $25 refund must be postmarked no later than January 31, 1979. NH

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GOOD THINGS FROM THE PUMPKIN PATCH

Seven of the best squash and pumpkin recipes since pie

By Elizabeth Schneider Colchie

Turban squash, top, is delicious and decorative. Patty pans are good whole, tiny; or cubed mature.

Each year pumpkins and winter squash are allotted a shorter season in which to convince us of their culinary qualifications. These orange-fleshed, delicately flavored vegetables are easily prepared, nutritious, long-keeping, and versatile. They deserve a new lease on life.

Botanically, there is no difference between squash and pumpkins. When you select them, they should have smooth, hard rinds without blemishes and be relatively heavy for their size. Pumpkins, in addition, should be small. All can be kept for months, uncut, in the refrigerator or a cool place, or for a year, cooked and frozen. Among the squash, the winter varieties most widely available are acorn, butternut, and Hubbard. Canned pumpkin purée (*not* canned pumpkin pie filling) and commercially frozen packaged winter squash may be substituted for the fresh purée, while all varieties of winter squash and pumpkin may be used interchangeably in recipes calling for the whole, cubed, or sliced vegetable.

To make a basic pumpkin or squash purée: Pop the whole washed vegetable, on a baking sheet, into a 350° oven and bake until tender. The time for baking will vary, but generally a 3-pound squash will take 1-1½ hours. Cut the squash or pumpkin in half, scoop out and discard the seeds and fibers, pull off the skin (or spoon out the flesh), and press the meat through the medium disc of a food mill into a bowl.

If you prefer, you can cube, seed, and peel the squash, cook it for 15-20 minutes in a vegetable steamer, then purée it. This method is faster, but results in a more liquid purée. A 3-pound vegetable yields about 3 cups of purée. To freeze, let the purée cool, pack it into 1-cup containers with ½-inch headspace, and freeze.

Ideas for using the purée: Use as a vegetable side dish (a welcome accompaniment to roasts or grilled meats) or as a base for browned morning sausages. For this, slowly cook ½ cup minced onions, ½ teaspoon minced garlic, and ½ teaspoon dried herbs (see below) in bacon fat (or lard, butter, oil, goose or pork fat) until softened. Add 3 cups fresh purée, ½ teaspoon vinegar, and salt and pepper. Stir the mixture for about 5 minutes over moderate heat, until it is sufficiently thick. Serves 4.

Squash and pumpkins combine well with many herbs, notably thyme, oregano, marjoram, savory, and sage. Or season the purée with one or several of many spices: try ginger, anise, allspice, mace, nutmeg, cinnamon, coriander, and cloves.

Experiment with sweeteners for variety, such as honey, brown sugar, maple syrup; or lemon, orange, or ginger marmalade.

Create subtle flavors by mixing purée with other cooked and puréed fruits and vegetables: apples, pears, turnips, parsnips, potatoes, or beans.

Top the purée with toasted nuts, crumbled bacon, fried onions, or whatever enhances the main dish.

Puréed squash and pumpkin can be used most successfully to replace all or part of the liquid in quick breads, cakes, cookies, muffins, pancakes, and waffles. They impart flavor, color, and a deliciously distinctive moistness.

To serve squash and pumpkin, cubed: If you prefer your vegetables in solid form, consider the same gamut of flavorings as suggested for the purée, but peel and cube the squash or pumpkin and bake it in a buttered dish, covered, with a little liquid (try fruit juices as well as stock) and a little fat until *just* tender. Uncover the dish, raise the oven heat, and bake the vegetable until it is lightly browned.

Spicy hot pumpkin soup

INGREDIENTS

1 cup onions, sliced
1 cup celery, sliced
2 tablespoons peanut oil
1 large garlic clove, thinly slivered
1½ teaspoons hot paprika
1 teaspoon cumin, ground
1 teaspoon ground cinnamon
1 teaspoon ground coriander
1 bay leaf, crushed
A few peppercorns, crushed

Continued on page 120

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(Sorry, not available in Alaska, California or Hawaii).

continued from page 118

½ teaspoon sugar
3-pound pumpkin, peeled and cubed
4 cups beef stock or broth
2 tablespoons butter
2 tablespoons flour

METHOD

☐ Cook the onions and celery in the oil in a large pot until softened. Add the garlic, paprika, cumin, cinnamon, coriander, bay leaf, and peppercorns and stir a few minutes. Add the sugar, pumpkin, and stock and bring to a simmer.

☐ Simmer the soup, partly covered, until the pumpkin is soft, about 30 minutes. Purée the soup through the medium disc of a food mill.

☐ Melt the butter in a large saucepan and add the flour. Stir over moderately low heat for about 10 minutes, or until the roux is browned—be careful not to let it burn. Stir in the soup and simmer 10 minutes. Season and thin with broth, if desired. Serve with sour cream. Serves 5 or so.

Squash, corn, and tomato stew

INGREDIENTS

1½ cups onions, chopped
½ cup green pepper, chopped
3 tablespoons lard
2 teaspoons achiote (annatto) seeds, ground (available in some supermarkets, or try Hispanic markets—2 teaspoons paprika will add a pleasant, but different flavor)
1 teaspoon cumin, ground
1 medium garlic clove, minced
1 tiny dried hot pepper, seeds removed, crumbled (or use more to taste)
6 cups winter squash, peeled and cut into 1-inch cubes
4 cups canned plum tomatoes, chopped, plus their liquid
Salt, pepper
2 cups corn kernels, drained

METHOD

☐ Cook the onions and green pepper in the melted lard in a casserole until softened. Add the achiote, cumin, garlic, and hot pepper and stir for a minute. Add the squash and tomatoes.

☐ Simmer the stew, partly covered, for 15 minutes. Taste and season with salt and pepper. Add the corn and simmer,

Continued on page 122

JOAN BERG VICTOR

From left: Zucchini (available year round), thick-skinned winter squash, pumpkin.

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Pumpkin patch

continued from page 120

partly covered, stirring often, for 15-20 minutes longer, or until the squash is just tender. Serves 6.

Pork baked with squash, mustard, and brown sugar

INGREDIENTS

2 pounds boneless pork, well-trimmed and cut into ¾-inch cubes
2 tablespoons mustard
¼ cup brown sugar
3 tablespoons flour
2 tablespoons butter
1 tablespoon peanut oil
2 pounds winter squash, peeled and cut into 1-inch cubes (about 4 cups)
1½ cups pork, chicken, or ham stock
Salt
¼ teaspoon pepper
¼ teaspoon thyme

METHOD

☐ Paint the pork pieces with the mustard. Combine the brown sugar and flour in a plate and coat the meat with the mixture.

☐ Brown the pieces in the butter and oil in a large skillet. Transfer them to a casserole and pour the fat out of the skillet.

☐ Boil the squash in a kettle of water for 4 minutes. Drain and add to the pork.

☐ Add the stock, 1 teaspoon salt (less, if stock is salty), pepper, and thyme to the skillet and bring to a boil, stirring. Pour into the casserole. Cover with a lid or foil and bake in a preheated 350° oven for ½ hour, stirring once.

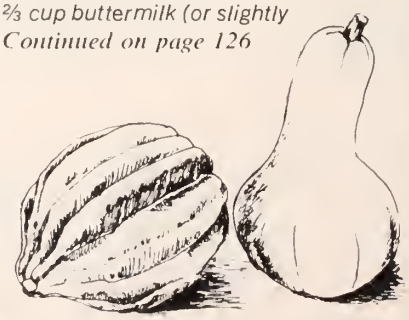
☐ Uncover, stir, bake for 20-30 minutes more, basting often, or until sauce thickens and meat is very tender. Serves 6.

Pumpkin corn bread

INGREDIENTS

1¼ cups flour
1 tablespoon baking powder
½ teaspoon salt
1 teaspoon coriander
¾ cup yellow corn meal, preferably stone-ground
⅔ cup brown sugar
2 tablespoons honey
¼ cup butter, melted
2 eggs, lightly beaten
¾ cup fresh pumpkin purée
⅔ cup buttermilk (or slightly

Continued on page 126



Winter squash: Acorn, often baked with butter and brown sugar, versatile Hubbard.

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A Major New Book on Solar Houses

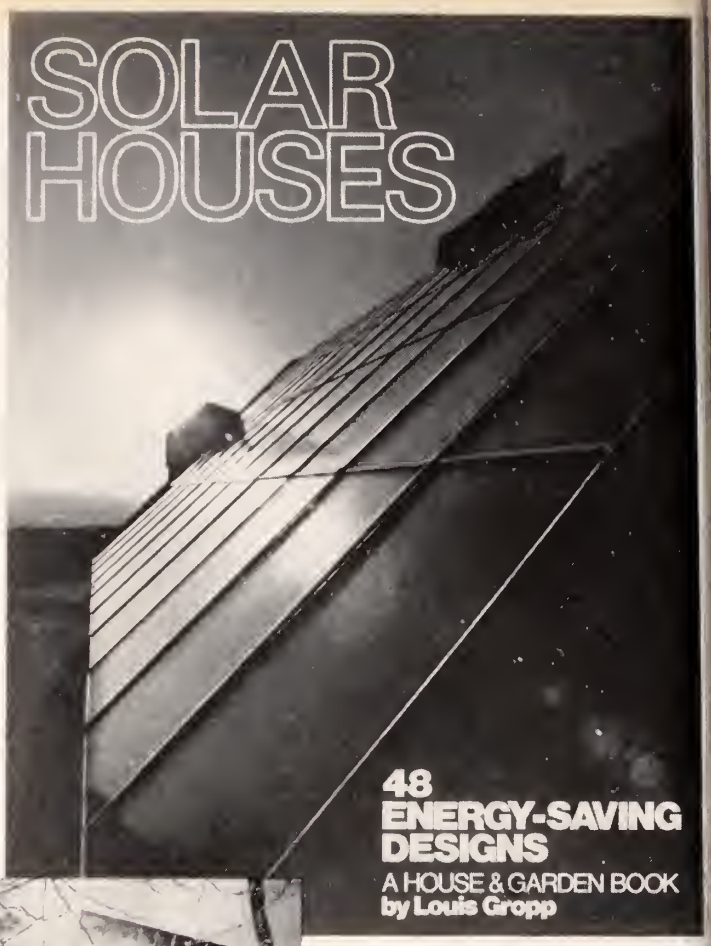
"Already solar energy is economical and practical for many applications in many parts of the United States. Homes like those in this book demonstrate that architectural style and elegance need not be sacrified in order to capture and use solar energy."

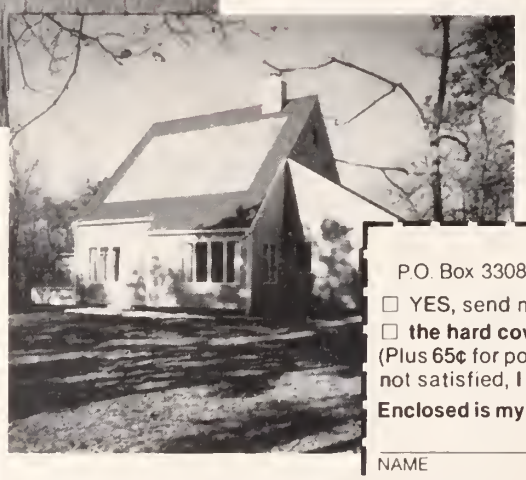
—From the foreword by James R. Schlesinger, Secretary of Energy

SOLAR HOUSES takes up where the first generation of solar energy books leaves off, showing through photographs, interviews and practical information what the new solar life style involves, how owners are reacting to it, and what the economic factors are. Providing a nationwide look at residential solar applications, the 48 energy-saving designs in the book include passive and active solar systems, pre-manufactured and mail-order plans, underground houses, remodeled and new custom-designed houses.

The book's author is Louis Gropp, who, as editor-in-chief of the House & Garden Guides, has been criss-crossing the country over the past several years keeping up with the multi-faceted new solar architecture. His text, plus easy-to-follow plans and diagrams, gives us—whether layman or expert—a clear idea of how each of these solar houses work, while the many handsome architectural photographs document the wide spectrum of design possibilities that exist within the solar context.

A handsome record of a profound and exciting change in architecture, SOLAR HOUSES has been chosen as a Book-of-the-Month Club hardcover alternate, a main selection by both The Library of Urban Affairs and the Architects Book Club, an alternate by the Designer's Book Club, and, in paperback, by the Quality Paperback Book Club.





Beautiful interior and exterior photographs, more than 100 of them in color, and the quality of the book's design, lift SOLAR HOUSES above the more flatly illustrated books on the subject, giving the reader a vivid picture of how handsome, comfortable and practical solar houses can be.

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continued from page 122

more, if you use the thicker canned pumpkin instead of the fresh)

METHOD

☐ Sift the flour, baking powder, salt, and coriander together into a bowl. Stir in the corn meal.

☐ Stir the brown sugar, honey, and butter together in a bowl and mix well. Add the eggs, pumpkin, and buttermilk.

☐ Stir the liquid ingredients into the dry ones until they are just blended—do not overmix. Turn into a greased baking pan, 8 inches square. Bake the bread in a preheated 350° oven 40-45 minutes, or until lightly browned and firm. Serve warm.

Pumpkin-rye-filbert cake

INGREDIENTS

1 cup pumpkin purée
1 cup brown sugar, packed
6 tablespoons butter, heated until slightly browned, and cooled
2 eggs, lightly beaten
¼ cup apple cider
1¼ cups flour
1 teaspoon baking soda
½ teaspoon baking powder
1½ teaspoons cinnamon
1 teaspoon cardamom
½ teaspoon salt
½ cup light or medium rye flour (not the coarse, heavy kind)
½ cup filberts, chopped
½ cup raisins

METHOD

☐ Stir the pumpkin, brown sugar, butter, eggs, and cider together in a large bowl until blended.

☐ Sift the flour, baking soda, baking powder, cinnamon, cardamom, salt into a bowl. Stir in rye flour, filberts, raisins.

☐ Add the dry ingredients to the wet and stir to blend. Turn into a greased and floured 5-6-cup loaf pan and smooth the top. Bake in a preheated 325° oven for 1 hour or more, until a skewer inserted in the center of the loaf comes out clean. Run a knife around the cake, transfer it to a rack, and let cool completely. Wrap in plastic and let mellow at room temperature for at least 12 hours before serving.

Pumpkin custard

INGREDIENTS

3 eggs, beaten just to blend
⅓ cup granulated sugar
⅓ cup brown sugar, packed
½ teaspoon cinnamon
½ teaspoon cloves
½ teaspoon ginger
½ teaspoon salt
1½ cups pumpkin purée
1½ cups half and half, or a mixture of milk, cream, and/or evaporated milk to equal that amount
½ cup pecans (optional)

Continued on page 291

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BOZA KOSAK, c/o Gay Clarke, 425 E. 86th St., New York, N.Y. 10028 (mail order)

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Continued on page 130

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continued from page 128

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Continued on page 136

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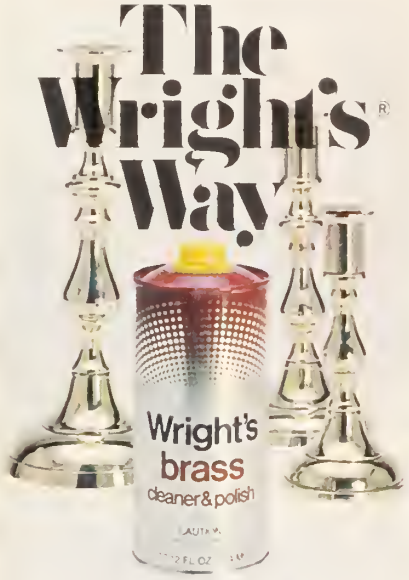

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What's for '79?

Report on the just-unveiled new cars and trucks designed for gas-saving

Everyone likes to have a choice when going to buy a new car, and in 1979 there's more choice than ever. There's also more variety than there will ever be again, due to Federal regulations. 1979 is the transition year in automobile design. Both luxury cars and small economical cars are offered, though Lincoln's Continental sedan—the final big car in production, over 19 feet long and 5,000 lbs—will not be built in 1980. On the other hand, 1979 is the first year for Plymouth's tiny Champ, a front-wheel-drive economy car that's only 13 feet long and weighs 1,800 lbs. The Champ and Ford's similar Fiesta are the smallest American cars in thirty years. Within a few years, however, all cars will be more like the Champ than the Lincoln, due to Federal government requirements that we save energy. By 1985, all new cars sold each year will have to return an average of 27.5 miles per gallon instead of the 19 mpg average of 1978 cars. The only way to do this is with lighter, more aerodynamic cars with smaller, less powerful engines. As cars get smaller, however, they will also become less expensive to maintain, easier to drive, and more economical to operate. All this makes 1979 an excellent year to shop. Here's what the manufacturers have to offer.

Subcompacts

Tiny subcompact cars are suddenly the most important, because they're the most economical. General Motors has its Chevette, introduced two years ago, and Ford the front-wheel-drive Fiesta, introduced in 1978. For 1979, Chrysler also has a front-wheel-drive subcompact. Sold by Plymouth as the Champ and Dodge as the Colt Hatchback, this extremely economical runabout is the smallest, lightest sedan you can buy except for Ford's Fiesta. There are a number of special features, including an 8-speed transmission with two gear-shift levers. Called Twin-Stick, this transmission is really a 4-speed with a high and low range selector that enables you to pick any one of eight different gears. The idea is to have one range for performance, another for economy. The Colt/Champ has a useful hatchback roof and a smooth body designed to reduce wind resistance for maximum fuel economy—right down to its aerodynamic wheels and smooth chassis underneath.

Compacts

By 1985, compacts will be the biggest cars you can buy. So manufacturers are giving this category a good deal of thought and attention. General Motors will introduce a new front-wheel-drive Nova series in April, to replace its current compacts. At Ford, the successful Fairmont/Zephyr will be carried on into the early 80s. Chrysler already has a front-wheel-drive compact, the Omni/Horizon, and for 1979, has introduced a two-door version—a completely new, sporty hatchback. Mechanically, this new model is identical to the four-door sedan, but it looks like an entirely different car.

The whole point of these new "sporty" hatchbacks is aerodynamics. The Omni/Horizon has a sloping plastic nose for the best air penetration, a steeply raked windshield and even streamlined rear-view mirrors. So does the new Ford Mustang/Mercury Capri. Since smooth aerodynamics for maximum fuel economy is a science, not an art, the optimum shape for each type of car is the same. Over the next six years, more and more cars will look alike for this reason. The Mustang/Capri has a choice of a 2.3-liter Four engine, a 2.8-liter V-6 and a 5.0-liter V-8. In addition, the small Four is available with a turbocharger, which increases power by 35 percent without hurting gas mileage. Turbochargers are being used by an increasing number of manufacturers to give better performance from small engines, and by 1985, nearly all "sporty" cars will be turbocharged. The Mustang/Capri also comes with a choice of three different suspension systems and uses radical new Michelin TRX tires on special 18.35-inch wheels.

Intermediates

In small subcompacts, front-wheel-drive is already the accepted norm, to provide more room inside, and more of this type of car in larger sizes will be introduced every year. In 1979, the only new intermediates are front-wheel-drive "personal luxury" cars from General Motors. The

Continued on page 291

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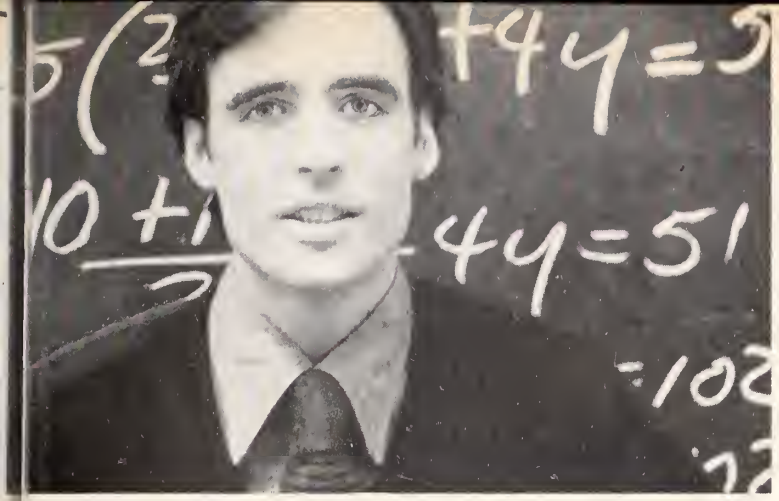

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CHRISTMAS COOKIES TO MAKE AHEAD AND FREEZE

CHRIS REINHARD

How to make the cookies served at the party on page 196

Pinwheels

*From Maida Heatter**

INGREDIENTS

1¾ cups all-purpose flour, sifted
½ teaspoon baking powder
¼ teaspoon salt
1 ounce (1 square) unsweetened chocolate
¼ pound butter
½ teaspoon vanilla
¾ cup granulated sugar
1 egg
1 teaspoon powdered instant coffee
¼ teaspoon almond extract
⅓ cup pecans, finely chopped

METHOD

☐ Sift together flour, baking powder, and salt into a bowl and set aside. Melt the chocolate and set aside to cool. Cream the butter in a bowl, add vanilla and sugar and beat to mix well. Add egg and beat well. Gradually add sifted dry ingredients on low speed and beat only until well mixed.

☐ Place half the dough in another mixing bowl and add the melted chocolate and coffee; mix thoroughly. Add the almond extract and pecans to the other half of the dough and mix thoroughly.

☐ Cut 4 pieces of wax paper, each about 17 inches long. Place the chocolate dough on one piece, cover with another piece of wax paper and flatten with hands. Roll dough into a 14-by-9-inch oblong of even thickness. Repeat with remaining dough.

☐ Remove top piece of wax paper from both doughs. Carefully invert chocolate dough over white dough, lining up edges as evenly as possible. Remove wax paper from top, and, using bottom paper, roll doughs jelly-roll fashion, starting with long side. Wrap in wax paper and chill until very firm or freeze.

☐ Cut dough into ¼-inch slices. Place 1 inch apart on ungreased cookie sheets and bake in a preheated 350° oven for about 12 minutes until slightly colored a edges. Makes 56 cookies.

Coconut pennies

*From Maida Heatter**

INGREDIENTS

2 cups all-purpose flour, sifted
¾ teaspoon baking powder
⅛ teaspoon salt
¼ teaspoon cinnamon
¼ teaspoon nutmeg
½ pound butter
1 teaspoon vanilla
½ teaspoon almond extract
1 cup dark brown sugar, firmly packed
1 egg
7 ounces (2 cups, packed) coconut, shredded

METHOD

☐ Sift together flour, baking powder, salt cinnamon, and nutmeg into a bowl and se aside. Cream butter. Add vanilla, almon extract, and sugar and beat to mix wel

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☐ Beat in egg. Gradually add sifted dry ingredients on low speed, beating only until incorporated. Mix in coconut. Place dough in wax paper and refrigerate for 1½-2 hours (do not freeze).

☐ Flour hands and shape dough by tablespoons into balls. Place balls 2 inches apart on greased cookie sheets. With a floured fork, press each cookie in one direction only and flatten to ⅓-inch thickness. Bake in a preheated 375° oven for about 10 minutes until lightly colored. Makes 60 cookies.

From the book "Maida Heatter's Book of Great Cookies" by Maida Heatter. Copyright © 1977 by Maida Heatter. Reprinted by permission of Alfred A. Knopf, Inc.

Hazelnut crescents

From Miki Denhof

INGREDIENTS

1¾ cups flour
12 tablespoons butter
½ cup sugar
½ cup ground hazelnuts or walnuts
⅛ teaspoon salt
Zest of 1 lemon, grated
1 egg yolk
½ teaspoon vanilla extract
¼ cup confectioners sugar

METHOD

☐ Combine flour with all remaining ingredients except confectioners sugar in a bowl. Blend and knead until mass is cohesive.

☐ Shape into approximately 50 balls, using about 1 teaspoonful of dough for each. Flatten the balls and shape them into crescents. Arrange on ungreased baking sheet. Bake in a preheated 350° oven for 10-12 minutes. Sprinkle with confectioners sugar and let cool. Makes 50 crescents.

Icebox nut cookies

*From Maida Heatter**

INGREDIENTS

½ pound butter
1 teaspoon mace or nutmeg
2 cups granulated sugar
2 eggs
3 cups all-purpose flour, sifted
8 ounces (2¼ cups) walnut or pecan halves (or use large pieces)
Zest of 1 large or 2 small lemons, grated

METHOD

☐ Cream butter in a bowl, add mace or nutmeg and sugar and beat well. Add eggs, one at a time, beating well after each addition.

☐ Gradually add the flour, on low speed, scraping the bowl with a rubber spatula and beating only until the mixture is smooth and holds together. Mix in nuts and lemon rind with a wooden spoon or your hands.

☐ Shape in 1 or 2 long rolls, wrap in wax paper and freeze or refrigerate until dough is very stiff or frozen solid.

☐ Cut dough into ¼-inch slices, place slices ½-1 inch apart on ungreased cookie sheets. Bake in a preheated 350° oven for 18-20 minutes until lightly colored. Do not underbake, these should be very crisp when cool. Makes 45-50 cookies.

Shortbread-jam cookies

INGREDIENTS

1 pound lightly salted butter, melted
1 cup raw sugar
3½ cups unbleached all-purpose flour
Raspberry jam (or you can use your favorite flavor)

METHOD

☐ Add sugar to the melted butter and stir over low heat until the sugar melts. This will take longer than you expect. Add the flour and form the mixture into a ball. Let cool, but do not refrigerate. Dough will be very soft.

☐ Break off small pieces of dough and roll into 1-inch diameter balls. Place on cookie sheets and make a thumbprint indentation in each ball—fill with jam. Bake in a preheated 350° oven about 10-12 minutes. Makes about 5 dozen cookies.

Gingerbread cookies

From Mrs. Eugene Kennedy

INGREDIENTS

1 cup butter
1 cup sugar
½ teaspoon salt
2 eggs
1 cup molasses

Continued on next page

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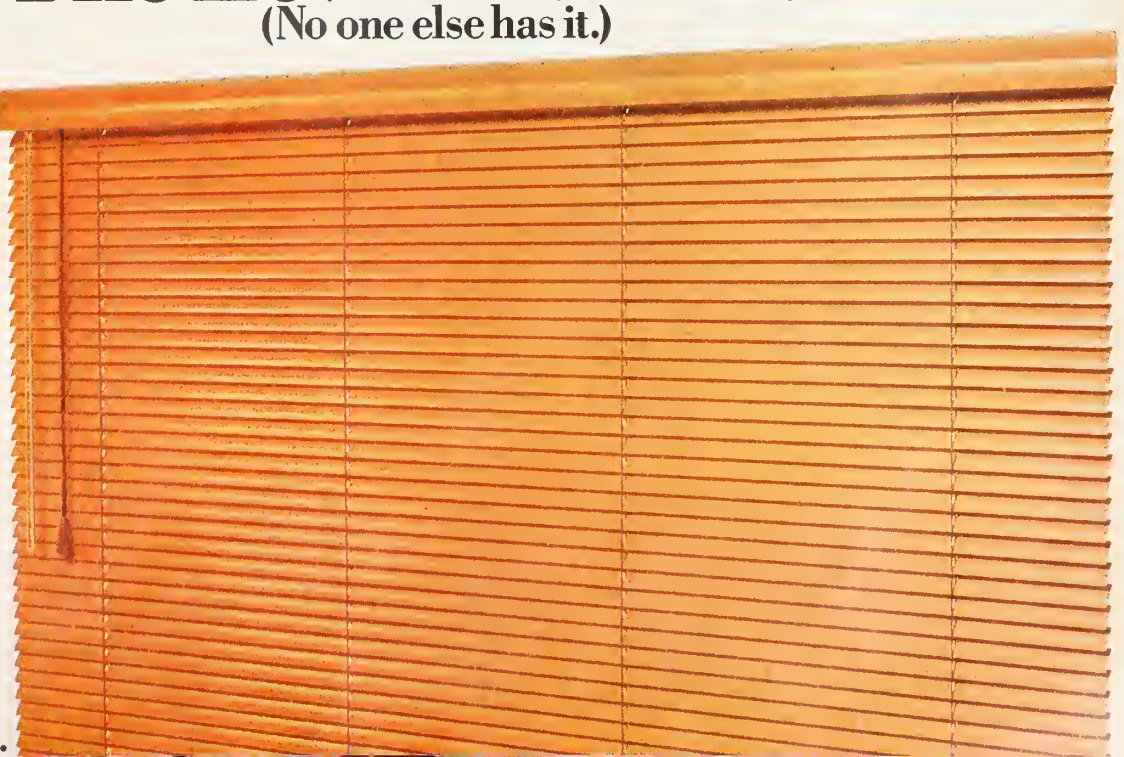
(No one else has it.)



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2 tablespoons vinegar
6 cups flour
1½ teaspoons baking soda
4 teaspoons powdered ginger
1 teaspoon cinnamon
Icing (recipe below)

METHOD

☐ Cream butter, sugar, and salt in a large bowl until light. Beat in eggs, molasses, and vinegar.

☐ Sift together the flour, baking soda, ginger, and cinnamon into a bowl. Add to molasses mixture gradually and mix well. Chill 3-4 hours or overnight.

☐ Roll out dough to about ⅛-inch thick and cut out shapes. Place on a lightly greased baking sheet. Reroll scraps. Bake in a preheated 375° oven 8 minutes. Makes about 8 dozen small cookies.

Rolled sugar cookies

From Mrs. Eugene Kennedy

INGREDIENTS

1 cup butter
1½ cups sugar
2 eggs
3 teaspoons vanilla
3 cups flour
2 teaspoons baking powder
½ teaspoon salt
Icing (see recipe below)

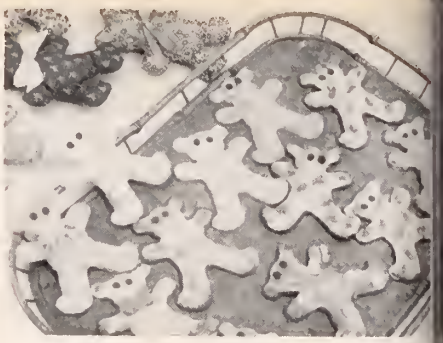
METHOD

☐ Cream together butter and sugar in a bowl and add eggs and vanilla. Sift together flour, baking powder, and salt into a separate bowl.

☐ Stir dry ingredients into creamed mixture and mix thoroughly. Chill dough at least 1 hour or overnight.

☐ Roll dough out very thinly on pastry cloth, marble, or a floured surface. Cut out

Continued on page 142



Good news sugar cookies (recipe, left)

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continued from page 140

cookies and place on a lightly greased cookie sheet. Bake in a preheated 350° oven 6-8 minutes depending on crispness desired. Makes about 10 dozen small cookies. Reroll scraps. Decorate cooled cookies.

Sugar icing

INGREDIENTS

¼ pound butter, softened or melted
2 pounds confectioners sugar, sifted
2-3 tablespoons vanilla
Milk or light cream
Food coloring

METHOD

☐ Put butter in a large bowl, add confectioners sugar, and stir. Add vanilla and a little milk or cream while continuing to stir until you have a smooth consistency. Keep icing stiff if using pastry bags.

☐ Separate icing among small bowls and tint with food coloring. Thin icing to be spread over whole cookies with a few drops of hot water. Keep bowls covered with damp paper towel to prevent drying ou Icing will keep covered with plastic wrap i the refrigerator for several days.

☐ Spread the cookies with icing and le it dry before decorating with piped icing Decorate only the cookies that completel cool, otherwise the icing will melt and ru

Peanut butter chocolate kisses

INGREDIENTS

2⅔ cups flour
2 teaspoons baking soda
1 teaspoon salt
1 cup butter
⅔ cup health food peanut butter
1½ cups granulated brown sugar, plus extra to roll cookies in
2 eggs
2 teaspoons vanilla
Hershey's Kisses

METHOD

☐ Sift together flour, baking soda, an salt into a bowl. Beat together butter an peanut butter in another bowl. Add suga and beat well. Mix in the eggs and vanill then add the sifted dry ingredients an combine them thoroughly. Chill the doug for 1 hour.

☐ Shape the dough into 60 balls. Ro them in granulated brown sugar and plac on ungreased cookie sheets. Bake in a pre heated 375° oven for 8 minutes. Remov from oven and press a chocolate kiss o the top of each cookie. Return to the ove and bake 2 minutes more. Cool on rack thoroughly before storing. Makes 6 cookies.

Chocolate crinkles

INGREDIENTS

½ cup butter
4 squares (4 ounces) unsweetened chocolate, melted
2 cups granulated sugar
3 eggs
2 teaspoons vanilla
2 cups flour, sifted
2 teaspoons baking powder
½ teaspoon salt
About 1 cup confectioners sugar

METHOD

☐ Cream the butter in a bowl and mix together with the chocolate and sugar. Beat in the eggs, one at a time. Add vanilla. Sift together flour, baking powder, and salt into a bowl or pan and add to the chocolate-egg mixture. Chill dough for 2-3 hours.

☐ Drop the dough by teaspoonfuls into confectioners sugar, roll in the sugar to coat well, and shape into balls. Place 2 inches apart on ungreased cookie sheets and bake in a preheated 350° oven for 10-12 minutes. Do not overbake—the cookies will be soft when they are taken from the oven and chewy when cool. Makes about 60 cookies. ■

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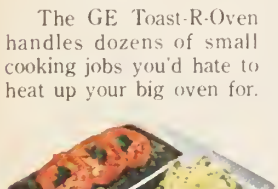

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Touring English country houses: on your own or with the experts

Brighton Pavilion: George IV's bedroom

If your idea of heaven is to be able to poke around the English countryside in search of historic houses open to visitors, you are aided, these days, at every turn. To go house touring on your own, a single $3 publication is a sufficient minimum guide to the hundreds of houses and castles owned by the English National Trust plus the many others that are privately owned but also open to visitors. *Historic Houses, Castles and Gardens* comes out every spring and lists by county every house and garden that takes visitors, gives their visiting days and hours (most houses are open April-Oct. 15 and some year-round) and also a brief description of what to see in each. ($2.90 postpaid from the British Travel Bookshop, 680 Fifth Avenue, New York, N.Y. 10019 or GHS Inc., Box 1224, Clifton, N.J. 07012.) The British Tourist Authority here (New York, Toronto, Chicago, Dallas, Los Angeles) or in London will also sell you a $10 "open to view" ticket which is a kind of house pass to 400 participating houses. (Normally the fee ranges from 50¢ to $1.50.)

More and more people, however, would like to understand more thoroughly what they are seeing from house to house. One of the best ways to do this is to qualify to attend the Attingham Summer School, a three-week course held every summer for the last 28 years, during which the students go to about 40 houses and hear lectures by well-known British authorities on what they're seeing.

The school's name comes from the 18th-century country house, Attingham Park, in Shropshire, which belongs to the National Trust. Fifty students spend the first of three weeks at Attingham, visiting 10 other houses within an easy radius. The second week of the course everyone moves to Derbyshire and lives in one of the dormitories of Sheffield University. (At Chatsworth, the group does things like assemble 25 chairs from all periods in the great hall, turn them upside down, while Mrs. Helena Hayward, the school's director, explains the construction and provenance.) The third week is spent in a different part of the country each year and students from

Continued on page 146

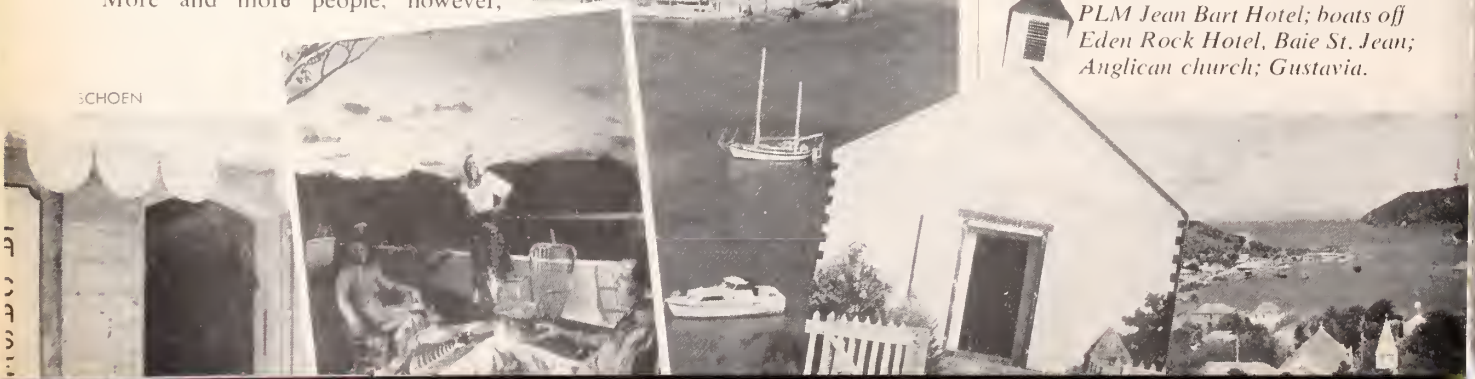
St. Barts: the sunny island where nothing's the thing to do

By Jane O'Reilly

I am not supposed to say a word about St. Barthelemy. My friends warn me that I will be betraying the location of the last truly peaceful spot on earth. For years they have kept the secret, telling only their best friends of this tiny, quiet, beautiful volcanic island, rising in the sea between Guadeloupe and St. Martin.

But, of course, so many friends told other friends that St. Barts, as it is affectionately known, has become popular in spite of itself. Or at least, as popular as an 8-square-mile island with only 150

Continued on page 146



SCHOEN

St. Barts—*left to right: La Case, crafts shop in Gustavia; terrace of PLM Jean Bart Hotel; boats off Eden Rock Hotel, Baie St. Jean; Anglican church; Gustavia.*

NEWS Christmas—where to go, trips to give

HALLMARK CARDS

Williamsburg: decorated doorway

Resorts that mimic home at Christmas: In **Sun Valley,** Idaho, skiers carrying torches and no poles slow-schuss the mountain in a Christmas Eve torch parade. Afterwards to the Sun Valley Lodge to meet Santa Claus.—**At Sea Island,** Georgia, guests at the Cloister decorate a huge tree, burn a yule log, sing carols, and wait for Santa. Next morning: a full stocking hanging on the doorknob to each room.—**In Vermont,** cozy, snowy New England villages add to the mood. At Rockresorts' Woodstock Inn in tiny, picture-book Woodstock, children hear Christmas stories or carols every night of Christmas week, and from Dec. 27-Jan. 1 the whole family can take starlit sleigh rides at a nearby farm. Cross-country ski on Christmas Day.—**Sun beats snow** for some family Christmases: each of Club Med's resorts near the U.S. (Cancun, Guadeloupe, Martinique, Nassau plus four others) offers elaborate Christmas Eve feasts. Santa always makes an appearance and some-

Continued on page 152

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continued from page 144
previous years may join the group for a refresher course.

Ferris Megarity, Director of Imports at B. Altman in New York and a director of the American Friends of Attingham, took the course ten years ago and last summer joined the group again for a third week in Sussex. That week, in addition to all he learned about the English country house—its architecture, furniture, collections, gardens—Mr. Megarity found that he was equally fascinated by the life led in a country house. Below, some of his impressions:

July 20. We're staying at *West Dean* College, a craft school in Sussex. Sir Nicholas Pevsner called it "limp Gothic" architecture. The house was Edwardianized at the turn of the century, then decorated with palms and plants, and sparsely furnished with light-looking furniture. When 40 people came for the weekend, lots of people stood up. Was really a place to shoot. Exotic trees, lots of pheasant. Counted 35 bedroom fireplaces. One of our first visits: *Broadlands*. Belongs to Lord Mountbatten. Not open to public. Beautiful orangery. Capability Brown garden: Stream with swans curves in front of the house. Van Dykes, Canalettos, Lelys, Reynolds, and Lawrences throughout the house. Also many photographs of the powerful, from Arab sheiks to heads of state. All of it reflects Mountbatten's long public service.

July 21. Special tour of *Brighton Pavilion* and talk by John Morley, its director. The place is full of architectural surprise—changes in ceiling height from room to room—also changes in room size. Realize that this was not a wild and bawdy palace. There was lots of standing in the hall to wait for the king. Dinner at *Firle Place*. Wonderful English and French furniture from 17th century through Regency. Tulip trees in bloom, all the herbaceous borders going like mad. Dined on terrace overlooking a lake with swans, could hear the stable clock chime. Open to public.

July 22. Visit *Parham Park* late morning after lecture on English gardens. Picnic in the garden. Elizabethan house with outstanding needlework. Afterwards to *Petworth House*. Capability Brown did the deer park. Saw dramatic marble hall, huge double sash windows, one whole room of Turners. Both houses open to public.

July 23. *Uppark*. Excellent 18th-century interior. See a Stubbs in the nursery. Also a bed hung with original 17th-century linen. Somebody's grandmother really understood the care of fabrics. Open to the public.

July 25. *Clandon Park*. Palladian house. John Fowler redecorated it a few years ago. Admire festoon curtains in sprigged cotton, collections of furniture, porcelain, and pictures. Notice circular balls of yew in baskets instead of flowers, enormous Chinese bowls filled with lavender, wonderful garden benches.

The Attingham Summer School takes 50 students each summer and normally 40 out of the 50 are Americans. It's open to applicants who are museum curators, preservationists, decorators, restorers, landscape gardeners, accredited writers, museum docents, parks service staff. Nonprofessionals can also apply but will need letters of proposal from qualified professionals. Send inquiries to: American Friends of Attingham, 41 East 65th Street, New York, N.Y. 10021.

Garden clubs, preservation societies, magazines, and museums often organize two- and three-week guided house tours in England. The Royal Oak Foundation, the American affiliate of the English National Trust, offers a three-week study vacation open to 20 undergraduate and graduate students, whose field relates to English houses and gardens. Write the Royal Oak Foundation Inc., 41 East 72nd Street, New York, N.Y. 10021. Also in New York, the American Museum of Natural History is planning a tour in 1980. Antiques Magazine has a tour, as does the Cooper Hewitt Museum. Brien Merriman and the House of Travel—both tour organizers—will have trips in '79. Members of the American Museum in Britain (Bath) may apply to take that museum's tours through William World Travel in New York. Both TWA and British Airways will also arrange individual and group tours upon request. Ask for the Tour Desk when you call the regular reservations number. ■

St. Barts
continued from page 144

hotel rooms can be. The danger is that it might become too popular, even (my friends whisper the word) developed.

Perhaps at this delicate point in the island's history I will be doing those who love it a favor by explaining quickly what it is that makes St. Barts so beguiling, so that people who might be disappointed (and demand change) will go elsewhere and leave those few hotel rooms for those of us who consider it paradise.

You see, there is almost nothing to do on St. Barts. No casinos, no night clubs, no organized sports, no programmed activities, no exotic sights. People who

Continued on page 148

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continued from page 144

measure the success of a vacation by the frenzy of the place, who feel lost without golf courses, will not be happy on St. Barts.

The sort of person who will like St. Barts is someone like me, someone who believes that every day of a vacation should offer a rich, full, satisfying stretch of time to spend doing nothing. On St. Barts, doing nothing can become an art form.

A typical day begins with a stroll to the veranda or balcony to inspect the view. Castelets—an elegant, miniscule hotel-plus-restaurant with nine luxurious rooms arranged in small villas terraced into a mountain top in the center of the island—has the best views, and the best verandas. But on St. Barts, every prospect pleases.

Few things in life are as pleasing as being in the midst of a sweep of blue sea, white sand, green hills, and flowering jasmine when it's snowing at home. Breakfast tastes much better under such circumstances. After breakfast, which is usually early because of the lure of the morning, you can take a swim, read a bit, or even go back to bed. Then drive to the main town of Gustavia, as picturesque a port as there is in the Caribbean. There, buy a picnic lunch to take to the beach. After the beach, a nap is probably in order, and then another trip into town just for fun and a little shopping, then a delicious dinner, followed by drifting blissfully off to sleep to the sound of tree frogs. Eventually, St. Barts's roosters herald the start of another lovely, empty day.

The days soon become full enough, patterned to one's own liking from the hundred varieties of St. Barts basic pleasures. To begin, it is essential to rent a car—most of them are VW beach buggies available at the airport for about $25 a day, with a free tank of gas (check the gas before driving off). A car is not only the best way to fully experience St. Barts, it is an adventure in itself. The roads are paved, but narrow and twisting and a certain amount of pulling over for other drivers is necessary.

It is probably a good idea to know something of the history of the island, which can partly explain why St. Barts *feels* different, unlike any other place in the Caribbean. It was settled in 1645 by people from Brittany and Normandy. Their stone walls still climb the hillsides, and some of their descendents still speak an antique French and wear a white sunbonnet called a "calèche." From 1784 to 1877 St. Barts was ceded to Sweden, which prohibited slavery. Hence the name Gustavia, and the fact that most of the 2,500 inhabitants are white. The island is now clearly French, although English is widely spoken. Because St. Barts is a dependency of Guadeloupe (a full department of France), there is little poverty and proper attention is paid to food and wine and other amenities such as a hospital and water desalinization plant.

Part of the odd and intriguing quality of St. Barts is perhaps due to the fact that it is, and has been since the Swedish period, a free port, and as such is a center of the active sea trade.

It all adds to the mood, but in no way inhibits a visitor's pleasant task of choosing the day's activities. Shall the bakery be visited at 6 in the morning, when the croissants come from the oven, or before lunch to buy cheese- and ratatouille-filled turnovers for a picnic to go with pâté and wine from the *rôtisserie?*

Which beach? There are twenty-two. Shall it be the nearly empty beaches of Gouverneur or Grande Saline, both backed by hills coming down to the sea? Or perhaps Colombier, reached by a 45-minute hike along a rocky shore starting from Anse Des Flamands, where the snorkeling is sometimes pretty good (and where there's a tennis court). Colombier curves beneath David Rockefeller's house, reached only by helicopter or boat.

Or, perhaps a visit to one of the palm-fringed, shallow beaches near Anse du Grand Cul-De-Sac, with a lunch of grilled chicken and fresh salad at the Club Lafayette. The really adventurous can try wind-surfing afterward. The lazy will settle for St. Barts's most popular beach, where cruising boats anchor and lunch can be had at the Beach Club. The beach is divided by the rock which supports the Eden Rock Hotel, once the only hotel.

An afternoon's drive is enough to see all the island, and to investigate the places one might want to stay next time. The PLM Jean Bart is the island's newest and most modern hotel, with 50 rooms and a large pool. The Baie des Flamands and the St. Barth Beach are pleasant hotels, each on a spectacular beach. The Emeraude Plage bungalows are favorites with long-time visitors. Wind up the tour at sunset in the Castelet Bar.

The best way to stay on St. Barts is to rent a villa. Sibarth Real Estate in Gustavia will provide a list of rentals and a map showing their locations.

Shopping in Gustavia is accomplished by strolling up and down a couple of

Continued on page 150

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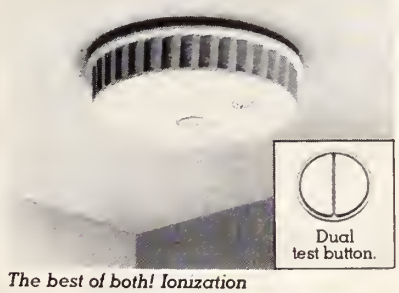

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GOING PLACES, FINDING THINGS

continued from page 148

streets, looking at hand-blocked prints, free-port goods, and French sportswear. Afterward, have a drink at Le Cave, on the waterfront. Listen to old-timers (an old-timer on St. Barts is either a descendent of the original settlers, or someone who lives on St. Barts and hates everything that has been built since he came, unless he built it) argue about the future development of the island.

Continued on page 152

Booklets to help you plan your trip

To plan better vacations, here are some booklets that give you information about where to go and how to get there. Just fill out the coupon below and return it.

1. British Airways **Dollar-Stretching Holidays:** a week in London for as little as $77 plus airfare. Also theatre tours like "Noel Coward's Weekend at the Savoy"; tours through Europe, the Mid-East, and the Mediterranean.

2. Touring Canada describes 54 different trips you can take by car. Each tour lists directions, local events, and useful addresses.

3. Air Canada's **Yes Canada! '78 Tours** lists fly/drive tours, motorhome tours, city tours, fishing vacations, and more. Take advantage of the "Canadapass" and get a car with unlimited mileage plus guaranteed rooms without reservations in 57 cities across Canada.

4. There are a number of reasons why people are **Retiring to Ireland.** Learn more about buying property, starting a business, taxation, health services, plus helpful information sources.

5. HRI's **Directory of the Leading Hotels of the World** has listings of hotels in a range that includes Topnotch in Stowe, Vt., and the Mandarin in Hong Kong. All you need to know for over 100 deluxe hotels in 23 countries.

6. Princess Hotels Vacations '78 include Sports Holidays (tennis, golf, fishing), shorter Escape Holidays, and Honeymoon Holidays at any of the 9 Princess Hotels in Bermuda, the Bahamas, Mexico, Monte Carlo, and the U.S.

7. American Express 1978 Europe Tour Digest has 84 tours this year. Spend $449 for 9 days on your own in Spain or visit 7 countries in 22 days with a professional tour guide.

8. Plan your vacation to Bermuda with the help of the Bermuda News Bureau's **Vacation Kit.** Ten brochures, with travel tips, hotel listings, a sportsman's guide, and an illustrated map.

9. Eastern Steamship's **S/S Emerald Seas** cruises regularly for 3 and 4 nights from Florida to the Bahamas.

10. The Virginia State Travel Service's **Vacation Planning Kit** can help you plan your vacation. Included: "Camping in Virginia," "Civil War Battlefield Parks," "Golf in Virginia," plus more.

11. Carter's Grove Plantation, Williamsburg, Va., an 18th-century house on 600 acres of land, has hosted George Washington, Thomas Jefferson, and other famous Americans. Antiques reproductions, plus fine Virginia architecture.

12. Eastern Airline's **The Real Florida:** you can wind surf, swim, play golf or tennis, watch jai alai, or dog racing. 13 tours, including fly/drive vacations.

13. There are 45 islands and 150 hotels in the Florida Keys, with more than enough opportunities for fishing and other water sports. Read more in **Florida Keys and Key West**, a small kit which includes a detailed fold-out map of the Keys.

14. "Walt Disney World Plus"—6 nights for as little as $98, excluding airfare. It includes a car with unlimited mileage, admission to and transportation within the Magic Kingdom, and admission to 4 other parks. One of twelve tours in Eastern Airline's **The Real Walt Disney World and Central Florida.**

15. Indian River Plantation: 195 acres on Hutchinson Island, Fla., with tennis, swimming, golf, fishing, and other resort activities.

16. The Florida Keys, America's southernmost islands, have outstanding sport fishing.

17. The Holiday Inn in Plant City, Fla. is close to Walt Disney World, Cypress Gardens, and Busch Gardens.

18. Bal Harbor, on Miami Beach, is a resort community with over 1,600 rooms and 149 shops and boutiques. Spend a week, or come to live.

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NOVEMBER HAPPENINGS

Thanksgiving celebrations, Christmas crafts, music

The holiday season starts in November. Christmas crafts shows, traditional Thanksgiving celebrations, and local festivities are scheduled all over the country. Here are just a few:

In *Magnolia, Texas,* the 4th annual Renaissance Festival will be held Nov. 3, 4, 10 and 11. Jousting matches, wandering minstrels, Punch and Judy shows, and other medieval recreations. *San Franciscans* can also travel back in time —to 19th-century London—at the Dickens' Fair, Nov. 18 through Dec. 23. Carefully researched representations of the time, with characteristic activities.

The first Thanksgiving, which took place more than a year before the Pilgrims landed in New England, will be reenacted at the Berkeley Plantation in *Charles City, Virginia,* Nov. 5. In *Houston,* there's a Thanksgiving Day parade down Main Street, while in *New York,* it's time for the 52nd annual Macy's Thanksgiving parade. Children will love the floats and cartoon characters, like Mickey Mouse, who is celebrating his 50th birthday this year. A party is already under way at *Disney World,* and will wind up with a grand finale of marching bands. All the Disney characters will attend. For children on the West Coast, there's the annual Mother Goose Parade in *El Cajon, California,* Nov. 19.

Children and grownups can stop and see doll shows on either coast: in *San Francisco,* the 12th annual Japanese doll-making exhibit at the Japan Center, Nov. 18 and 19. On the 20th, at the Julie Artisan gallery in *New York,* 25 craftsmen gather to make dolls in all sorts of media. They'll be there through Dec. 6, when the dolls go on sale.

Other crafts shows are being held throughout the month: in *Portsmouth, New Hampshire,* the Guild of Strawberry Banke holds its 12th annual Christmas Craft Fair. Artists displaying and selling Christmas decorations, gifts, home-baked foods, Nov. 10-12. That weekend, in *Orlando, Florida,* the 4th annual Village Art Show takes place, as well as the annual Lord's Acre Auction and Show in *Redmond, Oregon.* The Southern Arts and Crafts Fair, held in *New Orleans,* will run October 26-29, and craftsmen in *Portland, Oregon* will be displaying their work Nov. 3, 4, 10, and 11. And from Nov. 16-19, the second *Philadelphia* Craft Show will take place in Fairmount Park. All are fine opportunities to begin your Christmas shopping!

Special museum exhibits of crafts can also be seen in *West Palm Beach, Florida,* at the Norton Gallery, Nov. 19-Dec. 21. The show: "Young Americans: Wood/Fiber/Plastic/Leather," the result of a national competition. And at the Henry Gallery, in *Seattle,* "The Dyer's Art: Ikat, Batik, Plangi," Oct. 29-Dec. 10. (Also in *Seattle,* King Tut will be at the Art Museum, Flagg Pavillion, through Nov. 15.)

Norwegian Folk Art will be shown at the Elvehjem Museum in Madison, Wisconsin, Nov. 5 through Jan. 9. Furniture, textiles, and paintings from 1750-1914.

For music lovers, November is filled with attractions. In San Francisco, the Opera celebrates its 50th anniversary, as well as its 25th year under the direction of Kurt Herbert Adler. November 19, at 7 P.M., a collection of world-famous singers will be on hand for the gala occasion. Elsewhere, it's the start of symphony season. In *Birmingham,* Arthur Fiedler will join the symphony, Nov. 2 at the Civic Center; Handel's *Messiah* will be performed by the *Atlanta* symphony, Nov. 30, and in *Portland, Oregon,* the musicians are tuning up for performances, Nov. 5-7. For a complete listing on what's going on in your area, contact your Chamber of Commerce or Convention & Visitors Bureau. ■

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GOING PLACES, FINDING THINGS

continued from page 150

Choosing dinner is the day's big problem. There are so many good places to eat, but they are not necessarily the places that were good last year. La Cremaillière in Gustavia was, last year, wonderful, achieving the atmosphere of a French country inn. So was Chez François, set outdoors under trellises, with a menu that nicely balanced French cooking with Caribbean ingredients. Gustavia's harbor is ringed with restaurants, The Auberge du Fort Oscar, where Mme. Jacqua cooks special Creole dishes, requires reservations a day in advance.

I left St. Barts the way I had come, by a small plane which took off from the primitive airport before the usual crowd of people who had stopped to watch, and landed 10 minutes later on St. Martin (I could also have made connections through St. Thomas). I joined a group of people traveling back to New York on an Adventure Holidays charter flight. They had spent full, happy days on the links and courts of St. Martin. One asked me, "What did you do?"

"Nothing," I answered.

How to get there: There are no direct flights to St. Barts, but connections can be made from nearby islands. From St. Martin: Windward Islands Airways or Air Guadeloupe. From St. Thomas: Virgin Air. From Guadeloupe: Air Guadeloupe. Flights leave at least once daily on each airline and are scheduled to connect with flights to the States. American, Eastern, Air France, and KLM fly to the Caribbean from the U.S. ■

Christmas trips

continued from page 144

times arrives by outrigger canoe.

The Club's Fort Royal Resort in Guadeloupe has a mini-club for children: their own pool, their own amphitheatre, their own lunch hour and menu. Christmas week they make Christmas ornaments and wreaths from tropical leaves and plants and decorate a palm tree instead of an evergreen.

Old-fashioned Christmas. At museums, house museums, and historic town restorations. Some give ideas for Christmas at your house, other provide Christmas *for you*. **The Winterthur Museum:** two one-hour tours of 18th- and 19th-century rooms specially decorated with period ornaments and decorations. (Look for them in December House & Garden.) Reserve ahead. (302) 656-8591. Dec. 12-31, at 10:30 A.M. and 1:30 P.M.—**Sleepy Hollow Restorations:** Three museum houses along the Hudson in New York State recreate Colonial Dutch and English Christmas rituals. At Sunnyside, Washington Irving's house in Tarrytown, get ideas for your own celebration from door wreaths, green-twined doorways and window sills, tables crisscrossed with satin ribbon and laurel-hemlock "rope," silver dishes filled with pecans, filberts, almonds, walnuts. Candlelight tours: Dec. 26-28. Philipsburg Manor in North Tarrytown belonged to a Colonial Dutch family and is decorated according to Dutch custom. Candlelight tours: Dec. 2, 3. Special services both nights in nearby Old Dutch Church in celebration of St. Nicholas Day, Dec. 6. In Croton-on-Hudson visit the Van Cortlandt Manor for Christmas English-Colonial style. Call (914) 631-8200 for information.—**Williamsburg, Virgina:** Revel in festivities as the whole historic village reenacts Colonial Christmas in the South. The celebration goes on for days. And nights: Colonial houses have candles in windows, there's music and dancing in the streets plus a sound and light show at the Governor's Palace and other big Colonial buildings. During the day the shops are full of Colonial Christmas gifts, the restaurants with Christmas menus, the Bruton Church with Christmas services and singing. The Abby Aldrich Rockefeller Museum has an exhibit of Christmas folk art, Dec. 15-Jan. 1. Nearby Carter's Grove Plantation gives house tours from Dec. 18, 10-5 P.M., and on Christmas Day from 2-9 P.M.

Give a ticket to ride. A first-class Christmas present—a roundtrip ticket on Laker's new Skytrain service from Los Angeles to London. $372. (Regular economy airfare from L.A. can be as high as $972. Ticket offices: UCLA, Disneyland, plus four others. Baggage checked at airport. Easiest Skytrain arrangements anywhere. In New York, Laker ticketing now improved. Though baggage must be checked two hours before flight time in Rego Park, Queens, you can buy tickets earlier in the day at 1 East 59th Street and 1 World Trade Center. Bus available from Rego Park to JFK. *Other tickets-to-give:* to someone 65 or over, TWA's Senior-Saver fare. Save ⅓ on economy airfare. Good any day year round, no advance purchase. No minimum or maximum stay. Another TWA bonanza: Give someone a ride with the Midweek-to-France fare. Save as much as 56 percent over economy fare according to the season (May-October is peak). Fly to Paris or Nice on Tuesday, Wednesday, Thursday and come back on Tuesday, Wednesday, or Thursday. Must stay 14-45 days, no stopovers, reservations can't be changed once made, but you can buy the ticket as close to departure day as you want. Super gift for people who live in New York, Chicago, L.A.—cities with TWA service to France. N.R. ■

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For more information write to American Gas Association, Dept. 1114-1HG, 1515 Wilson Blvd., Arlington, Va. 22209.

Gas: The future belongs to the efficient.

DEAR HOUSE & GARDEN

continued from page 86

Catalogue, $2 ppd.
João Isabel, Inc., 120 E. 32nd St., New York, N.Y. 10016. Catalogue, $3 ppd., refundable with purchase. Missing parts can be custom-duplicated if you send, via insured mail, a working sample.
The Bedpost, Inc., R.D. 1, Box 155, Pen Argyl, Pa. 18072. Free catalogue. Parts list, $1 ppd. Custom designs too.

Poster pointers

I've been dying to find a reproduction of a particular modern painting. Is there a directory of "posters in print"?

—A.R., Ithaca, N.Y.

If you find the painting reproduced in an art book, note the museum or collection cited under the reproduction. If the painting belongs to a museum, write the museum to ask if posters are available.

If the artist and painting are fairly famous, you may find a reproduction listed in UNESCO's *Catalogue of Color Reproductions of Paintings 1860-1973*. Over 1,500 mass-market reproductions are included, and each has been judged for color quality by a jury selected by the International Council of Museums. For each, a small black and white illustration, dimensions, approximate price, and publisher are given. Addresses of publishers here and abroad are given in back so you can write them directly for ordering information. At $13.20, the directory is as expensive as a poster, so your best bet is to team up with several art-hungry friends or to see if your local library might buy it. (There's no shipping charge, but orders must be prepaid.) Write Unipub, 345 Park Ave., New York, N.Y. 10010.

Super blow-ups

I've heard of computer-painted mural-sized reproductions of original artwork or photographs—called Architectural Tapestries. Can you tell me more about them and who makes them?

R.G.—Houston, Tex.

There's an innovative computer process that can make two kinds of custom enlargements from original art or original photographic prints, slides, or negatives:

The first type, called Architectural Paintings, can be done on any of fifteen papers or fabrics, in almost any size. You can hang some as you would wallpaper and seam them together. Others can be mounted on stretchers or hung between dowels. Some materials can be coated for fire-resistance and washability. Prices start at around $11 a square foot.

The second type, Architectural Tapestries, comes in 48- or 70-inch-wide panels of fire-resistant polyester and has special fastener mounts. They start at around $22 a square foot.

For names of dealers near you for either type of enlargement, write Dr. Robert W. Fritts, Decorative Products Div., 3M Company, 3M Center, St. Paul, Minn. 55101. *Note:* By law you can't have copyrighted material reproduced without prior written permission from the copyright owner.

Skillet skills

My cast-iron skillet has begun to rust. Can I revive it?—M.P., New York, N.Y.

If the rusting is superficial you may be in luck, according to Mark Curtiss of Atlanta Stove Works, Inc., makers of cast-iron cookware, stoves, and such: Scour skillet inside and out with a water-dampened steel-wool pad until all rust is gone. Towel dry at once, removing any water trace by inverting skillet over a low stove flame for a minute. When cool, dust any steel-wool lint from interior. Thoroughly wipe skillet inside and out with vegetable cooking oil. "Cook" skillet on very low heat, in oven or on stove, for 45 minutes. Oil again. Heat for 45 minutes more, till oil is absorbed. Let cool and store.

Use this 90-minute treatment to "season" new cast-iron cookware, too. Never clean cast iron with soap or detergent—they'll "unseason" it. Nor with salt (folk "wisdom")—it'll gradually pit it. Merely wipe after each use, with plastic scouring pad and water if need be. Dry at once, as above.

Cast iron heats very evenly—ideal for cooking foods with fat. You can also turn your skillet into a steamer or Dutch oven—cast iron covers in eight sizes are available from Preston Distributing Co., 14 Whidden St., Lowell, Mass. 01852. Catalogue, $1 ppd., refundable with purchase.

Crafts business

I am a Fine Arts graduate and wou'd appreciate any advice on how to get into the crafts field professionally.

D.D.—Bloomfield, N.J.

The nonprofit American Crafts Council has many booklets on crafts. For a free list of publications, write the A.C.C., 44 W. 53rd St., New York, N.Y. 10019.

Why not join the A.C.C.? As a "subscribing" member ($18 a year), you get monthly crafts news, including six issues of A.C.C.'s *Craft Horizons*, eligibility for discounts on both A.C.C. publications and group insurance, and other advantages. An A.C.C. subsidiary, American Crafts Enterprises, Inc., sponsors four juried craft fairs where special "market" days are set aside for prospective buyers from stores and galleries. The fairs are held annually in Baltimore (February), St. Louis (early spring), Rhinebeek, N.Y. (June) and San Francisco (August).

Two bibliographies — "Handicrafts" and "Home Businesses"—are available free from the Small Business Administration, P. O. Box 15434, Ft. Worth, Texas 76119.

To be really, beautiful, your skin must first be scrupulously clean. That's why every Erno Laszlo Skincare Ritual includes washing with one of our special soaps and plenty of hot water.
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NEIMAN·MARCUS

Marlboro Lights

The spirit of Marlboro
in a low tar cigarette.

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Kings: 12 mg "tar," 0.8 mg nicotine av. per cigarette, FTC Report May '78
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Giving

TO BRING US TOGETHER

Whenever there's cause for celebration, any time of year, anywhere in the world, people exchange presents. As the holiday season approaches, the desire to give and share brings us together: When we honor occasions with gifts, we're also honoring our humanity, our instinct for brotherhood. At Christmas time, the impulse to give also seems to inspire us to become more inventive, think of new ways to give pleasure, to make one another's lives fuller. In the pages that follow, you'll find just such feats of inventiveness—in wonderful parties, new equipment for cooks and gardeners, ideas for rooms and houses—to help you enjoy the chance to say, "We value each other" by giving your best to those you love. Here, the people in this issue share with you ideas for giving pleasure:

GIVE A THOUGHTFUL PARTY. Have guests bring a present apiece, as Mrs. Eugene Kennedy does (page 196). Not for one another, but to donate to a children's home for Christmas, or send to a family abroad. MAKE ANY ROOM A DINING ROOM, indoors or out, by serving buffet style. Miss Barbara Brody (page 188) dresses up a poolside table, living room table, or kitchen table with sheets, and brings on the homemade delights. IF YOU LOVE PLANTS of a kind—all ferns, all begonias, for instance—don't just let them hang there, bring them to the table as centerpieces, as Emily Malino does (page 172). Or investigate miniature flowering plants (see our tablesettings, page 178) to see the charm they can bring to your parties—and your rooms. WHEN YOU ARRANGE A SEATING PLAN for a party, think about putting people who don't know one another together, as Lavinia Lemon does (page 176). You might set off a friendship they'll thank you for. Ms. Lemon also KEEPS FOLD-UP TABLES AND CHAIRS in the basement, at the ready for any size party. TO GIVE YOUR GATHERING A FOCUS, give it before another event — a dance at the club, for instance, or a theatre outing, as Mrs. John Damgard (page 173) likes to do. TO MAKE ENTERTAINING EASIER ON YOU, cook as much as possible ahead of time. Mrs. Philip Geyelin (page 175) makes crêpes by the gross in advance and freezes them. Just before the party, she thaws, fills with seafood, chicken, vegetables, or fruits, and serves. Mrs. Kennedy bakes all her cookies (see nine kinds of them, page 196) way ahead, freezes, and decorates them just before a party. TO SAVE TIME IN THE KITCHEN, even with something special as pastry, take advantage of the experience of two pastry experts: Jack Lirio, a San Francisco cooking teacher, never weighs empty tart shells down with beans or rice when baking—he finds the pastry is lighter and more tender, and that the sides fall just enough to create a ridge that holds the filling perfectly—and looks deliciously homemade. Marion Cunningham keeps her baking pastry shells in shape with an inner lining of foil, pressed over bottom and sides, to be removed after 10 minutes of baking. For more pastry-making tips from the experts, turn to our special section on page 203.

Automatic exposure Minolta 110 Zoom SLR. $200.

WILLIAM P. STEELE

Inflate a canvas chair. Design Observations. $125.

Potter's wares for tea. Florence Duhl Gallery. 6-cup set, $170.

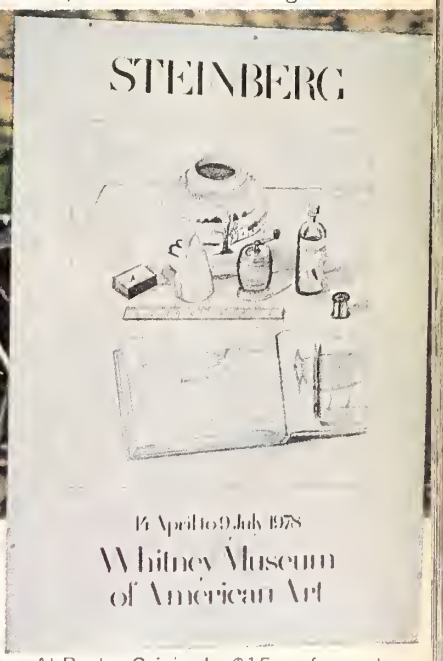
Dashing delivery: Novelist Arthur Herzog *(The Swarm)* on winged feet; model Margie Swearingen on a Colt moped by Lambretta of America. $475. Clothes, Andre Oliver.

PRICES APPROXIMATE
STORE ADDRESSES, PAGE 128.

SUSAN WOOD

Top ten shells, with history by Hugh Stix *(The Shell)*. $37.50.

"Nuthatch" poster from Steinberg exhibit.



At Poster Originals. $15, unframed.

Giving

Exotic fruits: a crate full of avocado, papaya, kiwi fruit. Blue Anchor. $24 ppd.

For the liveliest giving going, here's House & Garden's pick of the greatest looking, best working presents this season, for everyone on your list

Giving for collectors

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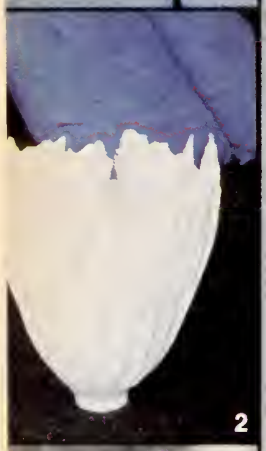
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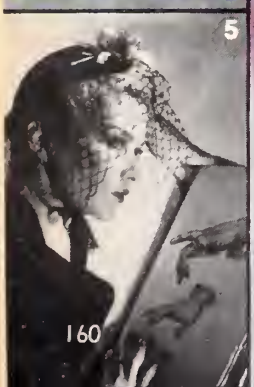
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SUSAN WOOD

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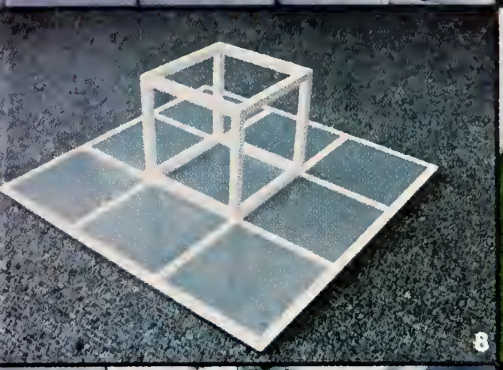
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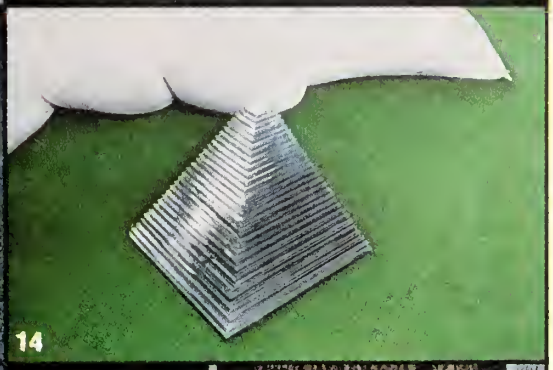
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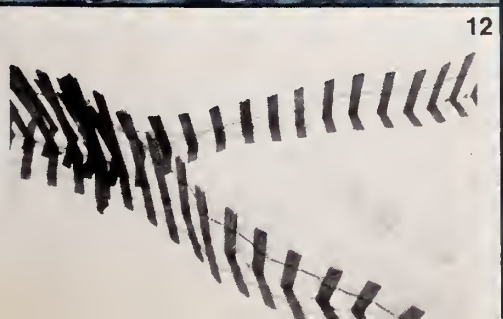
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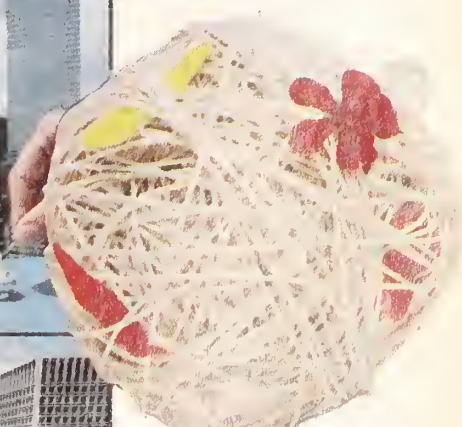
1. Handmade pottery vases: sculpture for flowers. LCS. About $90 each. **2.** Petal-like handmade porcelain vase is a flower in itself. Kurt and Gerda Spurey for Florence Duhl Gallery. $700. **3.** Fashion as art: "Woman with Rose" photograph by Penn. $1,200. Marlborough Gallery. **4.** "Spoleto" poster in a vibrancy of blues. By Dorazio at Poster Originals. $40 unframed. **5.** Art in Vogue: original photograph by Horst. Sonnabend Gallery. $600. **6.** Hand-carved decoy, circa 1885, now one-of-a-kind sculpture. Clothes, Andre Oliver. **7.** Poster heralding Courbet exhibit in Paris. Poster Originals. $500 framed. **8.** Spatial geometry in sculpture by Sol LeWitt. Painted steel and aluminum. $750. Edition of 25 at Multiples/Goodman Gallery. **9.** "Falling Man Suspended Relief" by Ernest Trova. Polished bronze and acrylic. Pace Editions. $1,000. **10.** Suspended time: chrome faced clock in acrylic globe. Mark Cross. $110. **11.** Hand-blown glass oil lamps by Wolfard. Performer's Outlet. 6 inches high, $19.50; 9-inch $24.50; 12-inch $28.50; 15-inch $39.50. **12.** "Smith Point #3" hand-dyed, enameled photograph by Christopher James. Rosa Esman Gallery. $275. **13.** Seesaw sculptures by Bruce Robbins in painted wood and metal. 10½-inch size, $350 each. Truman Gallery. **14.** Pyramid of stacked mirror glass by Robert Smithson. Multiples/Goodman Gallery. $1,500. **15.** Jockey silk pillows in racing colors. Made to order by Mark Robinson at M. J. Knoud. $60 each. **16.** Ottoman turned objet d'art in hand-painted cotton. Karl Springer. $930. **17.** A silver setting reproduced in miniature on a scale of 2 inches to the foot. Metropolitan Museum of Art. $5 to $37.50.* How to wrap it, see below. **18.** Sturdy luggage with style in water-repellant, stain-resistant cotton duck. By Gear. Bloomingdale's. $58 to $135.



THE WHOLE BALL OF WRAP: *Wind a ball of yarn with miniature silver surprises (17) to unravel at every turn. All wrappings on these pages by Claude Langwith.*

PRICES APPROXIMATE. STORE ADDRESSES PAGE 128. *SHOPPING INFORMATION, 230. STEELE, OKUHARA, OLEKSAK

Giving for garden lovers

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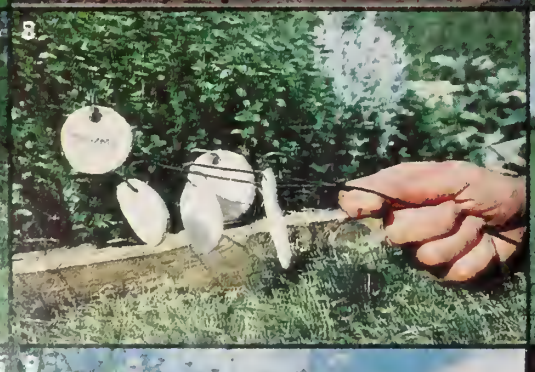
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1. A lot of horsepower packed in shiny green: John Deere 10-HP tractor with 38-in. mower, dump cart, $2,677. At D. T. Smith. Tools from Wm. Frankenbach. Clothes from Andre Oliver. **2.** Blow, Gabriel, blow: hand-painted steel weathervane, 26 inches long. From Garden Accents. $97 ppd. **3.** Hammock with hand-made appliqué, made to order in any flower. 100 percent cotton, by Boza Kosak. $1000. **4.** Haws Standard Watering Can, 1-gallon capacity, 30 inches long, rust-resistant. From W. F. Nicke. $24.75 ppd. **5.** Stitch a needlepoint vegetable patch: hand-painted canvases by Louis J. Gartner, yarn included. From Needlepoint Design. $50 and $55 ppd.* **6.** Terrific tools. Fork, trowel, planter in rust-proof cast aluminum. Life-Long Garden Tools from Brookstone. $16.80 ppd. **7.** Ready-to-plant lightweight polyethylene bag filled with complete growing mixture. Victory Garden: garden size, 18 by 30 inches, $9.95; windowbox size, 13 by 30 inches, $7.95 ppd. From Capability Brown. **8.** Mark these: six blank pottery disks on wire stakes help sort the mints and thymes. Herb Markers from The Herb Society of Nashville. $4 ppd. **9.** A non-nibbling bunny—cast stone, 12 inches long, from Erkins Studios. $18 ppd. **10.** Pick a pocketknife: 3-in. blade of stainless steel retracts into a bright plastic handle that's easy to spot. Dandy Garden Knife from W. F. Nicke. $7.95 ppd. **11.** Electric drier for fruits, vegetables, herbs. Enameled stainless steel by Sigg, from Kitchen Kaboodle, $72.45 ppd. **12.** Old-fashioned washtubs to fill with country flowers. 3 galvanized tin tubs and water pail. Imported by Sun-Glo. $3 to $9.* **13.** Present a plant. A pink Dipladenia; 8-in. plant shipped from Logee's. $6.50 ppd. **14.** The classic pot. Vaso da Fiori in Italian terra cotta, 18-in. diameter. From Erkins Studios. $35 ppd. **15.** Porcelain canisters and cachepots in old botanical prints. By Kosta Boda. At Hambletonian House. $11 to $23 ppd.* **16.** Bye-bye backache. Long, lightweight tools with stainless steel blades, aluminum handles, by Wilkinson. From Brookstone, $8 to $26 ppd.* How to wrap them, see below. **17.** Shine a pampered plant: Lanolin-rich natural wool Dust Buff. From Nancraft. $4.50 ppd. **18.** Rooster with a tail wind: a windmill to scare moles away. Whirly-gig rooster, wood with brass fittings. From the Garden Room. $18.50 ppd. **19.** The better barrow—with a ball. Non-tipping, easy on grass. Molded plastic, 4 cu. ft. capacity. $49.95 COD. From Ballbarrow. **20.** Cabbages and camellias: hand-made ceramic mugs. From Cache-Cache. $21.50 ppd. Cloth by Carleton Varney for Weil & Durse. 72-inch round cloth, $22, napkins, $1.70. **21.** Give greenery! Plants, wreaths, greens from The New York Botanical Garden Shop.

LONG-STEMMED WRAPPING
for the long-handled tools (16): in clay flowerpots, topped with paper flowers.

PRICES APPROXIMATE.
STORE ADDRESSES, PAGE 128.
*SHOPPING INFORMATION, PAGE 230.

STEELE, RADKAI

Giving.
for bed and bath

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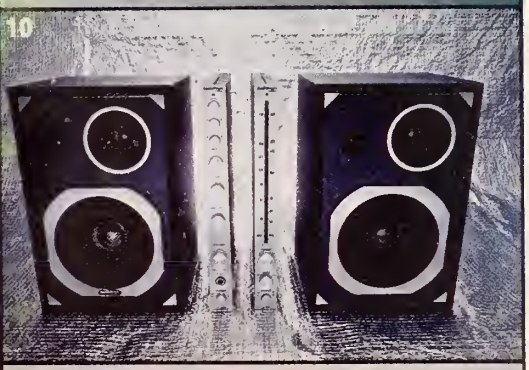
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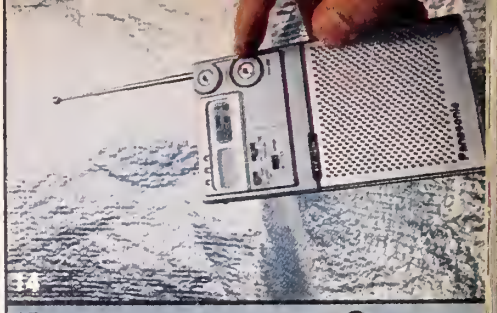
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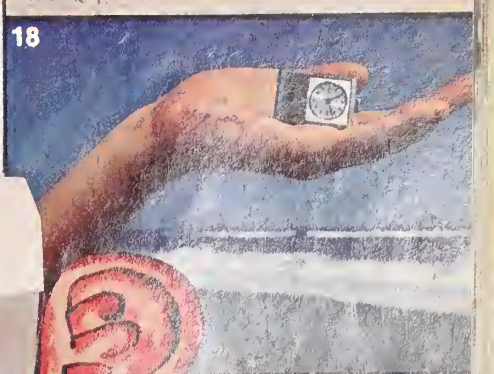
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1. Private ear: Even while *he* sleeps, you can stay up long after Santa leaves. Koss headphones, $75. Sony TV-770, $165. Beacon Hill sheets by Wamsutta. **2.** Container art. Ceramic milk carton $22, cup $14. Ambienti. **3.** Portable 5-in. color TV with micro-computer tuning, and optional battery pack. Toshiba. About $540. **4.** Beauty and the bath: Oriental porcelain tray, $35. Tureen of scented "Fluffy Milk Bath," $18.50. Brighton Collection by Elizabeth Arden. **5.** Sachets of Laura Ashley fabric filled with herbs for sweet sleep and sensuous dreams. By Hope Hendler at Miss Jackson's. $18 set. Natural picture frame in wicker and bamboo. By Rosenthal-Netter, $6.25 ppd. Pequod Emporium. **6.** Acrylic scale for weighty matters. By Aronie Galleries for M. S. Garment. Navy, 4 other colors. Bloomingdale's. $30. **7.** Lingerie bags with refillable sachets. Joan Grier for Porthault. Set of 3, $61.75. **8.** Tune in to a low energy 13-inch color TV that uses just 69 watts. Automatic Fine Tuning. RCA. $320. **9.** Digital counter jump rope records the leaps and bounds of your health regime. Hammacher Schlemmer. $11 ppd. **10.** Stereo components the size of a book with air suspension speakers. By Randix, at Saks, $400. **11.** Light in a box turns on as you lift the lid. Ambienti. $47. **12.** Kilim rugs from the Persian Gulf, made into pillows. Hand-woven wool. Nettle Creek. From $44. **13.** Hand-crocheted cotton bedspread and 2 shams. Twin, $172. Puckihuddle Products. **14.** Slim digital AM/FM alarm clock/radio to slip in a pocket: 5½ inches long. "Mr. Thin" by Panasonic. $125. **15.** Mohair throw in pastel stripes. Handwoven by Gregory Newman. $400. **16.** The away-from-home complete sound system: car cassette stereo-matrix tape player, $240; amplifier, $200; wide-range speakers, $85. Craig. **17.** Art-in-the-round: 5½-in. enamel picture frames by Bucklers. $9.75 ppd. Pequod Emporium. **18.** Time to go: tiny travel alarm with leather case. 1 by 1½ by 1¾ inches. Mark Cross. $90. **19.** Headphones by Koss with pneumalite cushions to fit ear contours, $75. To wrap, see below.

WRAP-UP FOR HEADY SOUND:
Pack your headphones (19) in a box that's all ears.

PRICES APPROXIMATE. STORE ADDRESSES, PAGE 128.

Giving.

for good cooks and good eating

SUSAN WOOD

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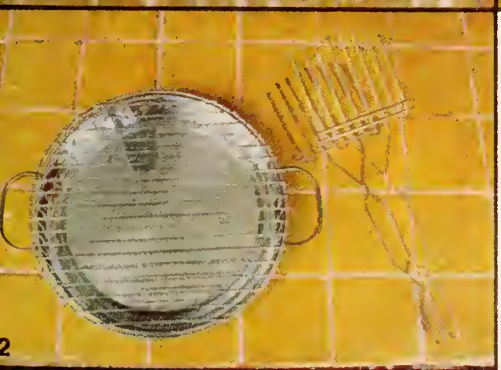

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WILLIAM P. STEELE

THE DISH-RACK WRAP
Tissue-stuffed rubber gloves sponge off real saucers.

1. Seasonings greetings: a rosemary wreath from Williams-Sonoma. $20.50 ppd. **2.** Cast-aluminum cookware with nonstick finish. Gourmet Limited at Gumps; Kitchen Bazaar.* **3.** Le Creuset enamel-coated cast-iron cookware. Schiller & Asmus. 6-pc. set $125.75.* Lauffer stainless steel spoons, $4 to $5.* Purpom natural cider, $2.35, imported by Monsieur Henri. **4.** Country delicacies: maple syrup ($12), a pan full of flours ($13) by Vermont General Store and Grist Mill. Confitures Tilloy, $4.25 each; Hediard jams, 4 15½-oz. jars, $26.75. All at Altman's. **5.** Beam kitchen scale weighs in kilograms. By Cuisinarts. $36.50.* Easy-to-clean garlic press, at Williams-Sonoma. $7.45 ppd. **6.** Taste your pick: almond-flavored cookies by D. Lazzaroni, $7; preserved ginger by Culpepper, Ltd., $18; Pain de Sucre, $12; a trio of Roger Vergé confitures, $24, and green peppercorns, $10; J. LeBlanc walnut oil, $20. E.A.T. at Henri Bendel. **7.** A *super* market: New York City's Dean & DeLuca. Shopping clothes from Andre Oliver. **8.** Your cookies are numbered: White plastic cutters, $11.75 ppd. **9.** Wood-banded sieve. $9.05 ppd. Both at Williams-Sonoma.* **10.** For coffee lovers, Medaglia d'Oro ground espresso (4 oz., $1; 12 oz., $3); beans (2 lbs., $7.50); apron ($5). At The Pottery Barn. Espresso maker by Hamilton Beach. $79.99.* **11.** Kitchen canisters by Corning. $4.95 to $7.95.* **12.** For greaseless roasting, a water pan to collect drippings, grill, and long tongs. By Drannan. $40.* **13.** Black steel bakeware. Isabelle Marique, $6.50 to $13.50. At The Kitchen.* **14.** Food processor and blender that share a motor. General Electric, $99.98. **15.** A triple boiler juice maker by Mehu-Maija, $44.90.* **16.** The best in biscuits: Lefevre-Utile biscuits, $11.95 each. Lost Acres fruit butters, 3 19-oz. jars, $14.95. Sugar Birdsall champagne mustard sauce, $3.50 to $19.95. Maison Glass. **17.** Copper saucepan with steamer insert. By Spring Bros., $150. At The Kitchen Sink.* **18.** Folding dish rack by Greene Hill. $14.* Utensils by Ingrid. At Pequod Emporium. $20. See wrapping below.

PRICES APPROXIMATE. STORE ADDRESSES, PAGE 148. *SHOPPING INFORMATION, PAGE 230.

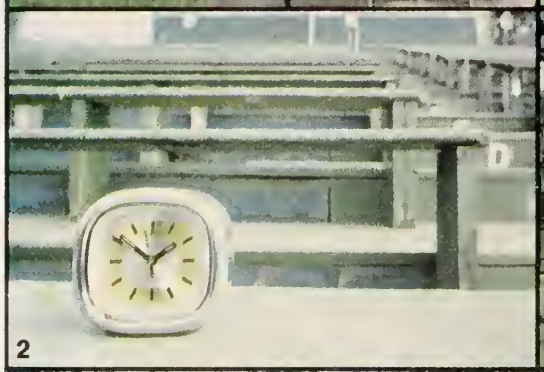
1. Pedometer measures everything in stride—walking and running. T. Anthony. $16 ppd. **2.** Quartz crystal alarm in a silvery brushed metal case. Bulova. $69.95. **3.** Two ways to shoot movies in low light: "SoundStar 4" with mike. Bell & Howell • Mamiya. $409. "Our Gang" with electric eye. Kodak. $100. **4.** With a language of electronic bleeps, computer challenges your moves in 6 games. "Merlin" by Parker Bros., at FAO Schwarz. $33. **5.** Folding travel lamp in a base of a case. T. Anthony. $21 ppd. "Pencil" box. Bailey/Huebner at Henri Bendel. $5. To wrap, see below. **6.** Rainbow in a throw by Montessuy for Yves Gonnet. Bloomingdale's. $65. **7.** Stackable canvas storage drawers that open either way. $115 each. By Landes, at Jensen-Lewis. **8.** Rechargeable battery "PedalPower" motor, $188 ppd. General Engines. Bike, Schwinn Cyclery Jamaica. $167. **9.** Mini R2D2 at your radio command. Kenner. $25. **10.** Wool tartan throw. Brooks Bros. $45. **11.** A book that reads itself: Disc on each page is "read" by a player. "Talk-To-Me" by Fisher-Price. $23. **12.** Nylon Corner Kite. Go Fly A Kite. $37 ppd. **13.** Christmas commuter: Ryszard Bruski of the Big Apple Circus. Vincent Lippe wreath. **14.** Battery-powered telephone index. T. Anthony. $26.50 ppd. Calculator pen. Hammacher Schlemmer. $32 ppd. **15.** 1880 "Feathered Star" quilt. One-of-a-kind from Collection of Phyllis Haders. **16.** Travel heater for coffee to go, T. Anthony. $20 ppd. **17.** Electronic space ship console. "Race Thru Space" by Coleco Industries. $20. **18.** To shoot through exact change lanes, Turnpike Toll Gun. Hammacher Schlemmer. $16 ppd. **19.** Computer basketball—you against time. Mattel. $30.

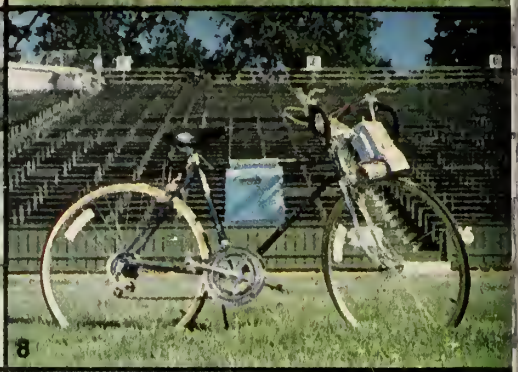
WRAP THE WORLD

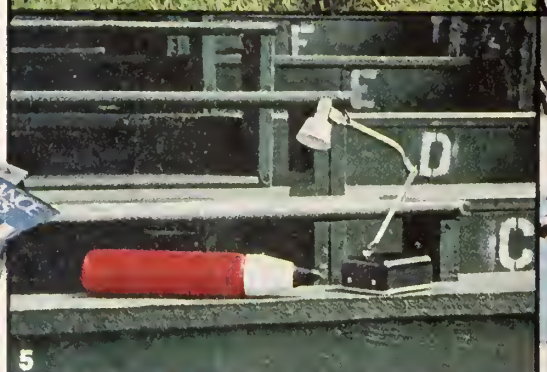
Pack your travel light (5) in a map, with travel folders for faraway places.

PRICES APPROXIMATE. STORE ADDRESSES, PAGE 128.

STEELE, RADKAI







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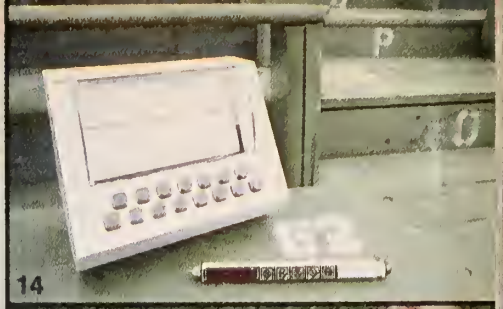

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18

19

ROOMS THAT LOVE

When you decorate, you want rooms that work attractively for living and entertaining. Starting here, 5 inventive woman decorators who have updated their own houses share their decorating ideas and party strategies

The friendliest rooms have a sense of humor
Darcy Damgard

Rooms touched with yellow are the most welcoming of all
Pat Klotz

KAREN RADKAI

COMPANY

Rooms with more than one use have so much to give

Emily Malino

A room full of books exudes a wonderful warm feeling

Sherry Geyelin

Hand-crafted things are always inviting

1910 Tudor

DECORATING IDEA

One rich red and a wall full of books can warm up a whole room

KAREN RADKAI

For some people, color can be an instant energizer. For Emily Malino Scheuer, the color is red. "I wear red, and I use it all the time in decorating." (She's a decorator, her husband is New York congressman James Scheuer.) In her own library, *above*, walls are rust red, trimmed with white to point up all the charming idiosyncracies of the Tudor house. Brown sectional sofas are plump but not too deep: "I like furniture that lets you sit up and enjoy yourself," she says, pointing out that her living room, *left*, is filled with Chippendale chairs and straight-back sofas. The Scheuers entertain a lot—it comes with a congressman's job — and Ms. Malino's energy runs all the way to the kitchen, *below*, which she has not yet renovated. The four Scheuer children used to love to help cook, but now that they're grown, she does most of the cooking herself. For big parties, she sets up tables and red painted chairs in the entry hall, *left and preceding page:* A hearty welcome for guests.

PARTY STRATEGY

✓ To save time, serve a first course that you can put on the table before guests arrive

★ For this party, the menu began with creamed sea trout browned with bread crumbs, followed by chicken Divan, salad, and strawberry mousse. "There's always a rich dessert for my husband, plus fruits for dieters—but he eats both.

1940s Federal

ır sense of good looks
elops as you develop—
you can see what deco-
r Darcy Damgard's
wing affection for pas-
and flowers has done
the big stone Federal
se where she lives with
two children and hus-
d John (he's head of a
nch office of a com-
dity house). The entry
, *below*, has been reju-
ated with flowers hand-
nted in a grand scale; in
coral and white living
m, *above*, more flowers
ve on chintz-covered
niture and generous
ths of fabric that cur-
the windows. But the
m is not pure softness.
dark brown accents—
Coromandel screen
r the sofa, the pillows,
the armchairs—give it
ength. In the just-fin-
ed kitchen, *below right*,
s. Damgard used look-
e wallpaper, vinyl floor-
, and, across the room,
—all different, but all at
ce.

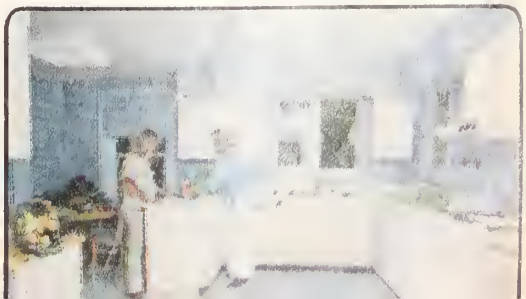
"Cooking is a plea-
sure in the new
kitchen," says Mrs.
mgard, who filled her
orite turtle soup bowls,
ve right, with cold basil
p to launch this dinner
six. For the entrée . . .
ts of sole with tomato
aigrette and a vegetable
d.

DECORATING IDEA

2 Don't be afraid to mix things—the old with the new, the good with the not-so-good

PARTY STRATEGY

✓ Scent your rooms by putting a drop of perfume on a paper ring around a light bulb



DECORATING IDEA

3 If you have art or furniture you really love, let it star—everything else in the room can play a supporting role

PARTY STRATEGY

✓Give parties back to back, so you can use the same flowers and do all the shopping at once

With twenty-two feet r
ning in and out of
house, decorating a
practicality tend to go ha
in hand . . . or foot. Th
did for Pat Klotz, wh
sports-loving family
cludes husband Herb
who's president of an el
tronic engineering fi
three children, and th
dogs. When the Klot
bought the French-s
house, they updated it w
floor-to-ceiling glass do
all across the back,
Italian hexagonal cera
tile to pave the rooms
was only recently that
living room, *left,* got
white rug. Mrs. Klotz ch
a neutral rug that wo
allow her to move the f
niture for various nee
"The room is not
enough for two seat
groups, but too spare w
only one; so I improvi
In dining room, *above,*
table can open to seat
and for big parties it
comes a buffet. Cur
and tablecloth fabric
uphostery on the Fre
chairs are unidenti
twins. On the table and
the niche, 19th-cent
French Creil pottery, wh
she has collected since
was 15, gives the room
touch of yellow it nee
"There are certain co
you just have to have."

While Mrs. Kl
decorates, daugh
Leslie, home fr
college, does the cooki
far left. For this hot su
mer's Sunday buf
brunch, the menu is g
pacho, a turkey vers
of veal tonato, mi
green salad, cheese,
hollowed-out lemons fil
with lemon ice. "I like
have an all-cold menu
summer," says Mrs. Kl
who makes sure that
foods look cool, too.
of her favorite wi
menus is veal sausa
with sweet mustard,
man potato salad, and b

1976 town house

was frequent moving ith her family that start- l Sherry Geyelin's dec- rating career. "When hilip was the *Wall Street ournal*'s bureau chief in aris (he's now editorial age editor of *The Wash- gton Post*) we moved any times, and I had to arn to make nests fast for e four children." Now e Geyelins are settled in ashington in a brand new wn house, which Mrs. eyelin has decorated for sy maintenance. Most of eir time at home is spent the family room, *above*, hich is really an exten- on of the kitchen, *right*. "No more being isolated the stove.") The whole ace is painted a deep red nd all the woodwork was ained dark. "Staining the oodwork is a great way avoid having to repaint " says Mrs. Geyelin. Ex- pt for the curtains here, esigned to block out sun, indows are all shuttered ecause shutters never ave to be laundered." In e dining room, *far right* lso painted a deep color ith stained woodwork im), she made room for pantry complete with a nk and dishwasher. She ores her good china here, aking cleanup easy: Ex- pt for the food, every- ing stays put.

For this dinner Mrs. Geyelin fixed carpaccio with toma- es. cucumbers, and a ustard-mayonnaise sauce; lmon mousse with sour ream and dill sauce; fresh- aked corn bread (see her ice it, *right*); and crêpes ith ginger sauce.

DECORATING IDEA

4 Use deep color for the walls, sky blu for the ceiling, and, for all the woodwork, a stain that lets the grain show through

KAREN RADKAI

PARTY STRATEGY

✔Be organized: Make a long list of everything you have to do, down to filling the water glasses, and cross off as you go

DECORATING IDEA

5 Every room should have some drama—it could be bold color on the walls, a spectacular view, a painted floor

The rooms you enjoy most have a personality all their own. That's Lavinia Lemon's decorating philosophy, ably supported by what she did in the Colonial, where she lives with her husband, lawyer Jack Hanks, and two daughters. She gave four downstairs rooms different looks without a single clash. You're greeted by geometrics, painted on the hallway floor, *above*, and continuing upstairs in a carpeted variation. To one side is the library, *above right*, where light furniture contrasts with chocolate brown walls. Across the hall, in the dining room, *opposite page top*, Ms. Lemon created an openness with yellow paint and curtains, and a wall of mirrored squares. The mood culminates in the glassed-in porch, *right*, with wicker, handcrafted rag rugs, and trees.

1920s Colonial

★ Ms. Lemon likes to serve one hot and one cold course. For this dinner, hot crabmeat-filled crêpes preceded cold steak Béarnaise, cold vegetables, and bread; for dessert, sugar cookies and raspberry mousse.

PARTY STRATEGY

✓ For a large sit-down dinner, use several small tables instead of one great big one — and hang a seating plan at the door.

TABLES THA

How to create settings that bring good decoratin right to the table— with miniature flowering plants and trees plus the freshest linens, china, silver, and glass you can buy

table settings become garden parties with doll-size flowering plants and trees—low enough to talk over, and perfect for blooming elsewhere after guests depart. Here, by combining dwarf candytuft with gigantic crystal goblets and a champagne bucket, this luncheon-table-with-a-view adds even more charm to interior designer Joseph Braswell's living room. To color the room's classic neutrals, cornflower blue napkins and bright flower-swirled plates. Plants and terra-cotta pots on all tables on these pages from Mädderlake. "Amapola" china, Villeroy & Boch; crystal by Ebeling & Reuss; "Pointed Antique" sterling by Reed & Barton; "Carousel" napkins by

OVE COMPANY

In interior designer Harrison Cultra's city living room, the surprise of a table as festive as a country fair. Ringing a garland around the Foo dog: pots of dwarf anemone and myrtle; peasant print napkins: "Pembroke" field-flowered china, matching forks and knives, and "Durham" place plates by Aynsley; "Galtee" crystal by Waterford: "Modern Victorian" sterling by Lunt; Elisa Daggs napkins; Cy Mann table; chairs from Schlesch and Garza Antiques. For shopping information, turn to page 230.

HORST

TABLES THAT LOVE COMPANY

amid the sheer glamour of this party room, forests of dwarf Alberta spruce trees—cool, to balance the warmth of House & Garden Real Red walls, simple, to enhance the Oriental aura of the room by designer Richard Plouffe of Lord & Taylor. The table sparkles with candles, silver bowls, and brilliants of crystal. Korean lacquer furniture —white console, glass and black table, étagère—By Roe Kasian at Lord & Taylor; "Platinum Rim" china, "Old English Tipt" sterling, "Alexandra" crystal and silver Chinese soup bowls all by Gorham at Altman's; napkins by Elisa Daggs.

HORST

Cornering a supper party table with clay boxes of sinningia, spring steps into the foyer of interior designer Joseph aswell's apartment. In the at- sphere of romantic 1930s ama (shirred fabric walls, rrors, and leafy plaster-of-Paris nsole), the table is fresh with ender striped napkins on a ite cloth, meadow-green mmed plates—and a clear eam of crystal goblets and ndlesticks. "Fretwork" bone ina by Coalport; "Old Galway" d crystal stemware by edgwood Irish Crystal; "Beacon ll" silver-plated forks and ives by International; "Baseball ripe" napkins by Katja; and a piary Juniper with bee lights. opping information, page 230.

TOM YEE

TABLES THAT LOVE COMPANY

a fieldful of little flowers—marigolds, celosia, primrose, lobelia, and dianthus, with taller campanula, coreopsis, gaillardia, and lilies behind them—planted in dirt right on the table, makes a picnic setting for a lunch at Patino/Wolf Associates. Slatted pine trays strike up a relationship with the room's natural fibers (sisal matting covers walls and floor), while savvy black napkins, stainless steel forks, knives, and spoons, and white porcelain keep up with the slickness of the brushed aluminum table, which usually serves as an office desk. "Aurora" porcelain and "Symmetry" crystal designed by Bob Van Allen for Mikasa; "Cadet" stainless steel designed by Bob Van Allen for Stanley Roberts; voile napkins and slatted pine trays at Henri Bendel.

TOM YEE

A farm garden lands on the kitchen lunch table with miniature clay pots of kalanchoe, zinnias, primrose, dianthus, crown-of-thorns, celosia, geum. With them, plaid tablecloth napkins, flowered plates, pottery pig—the perfect mix for turning the kitchen into an eating nook. Still more farm feeling: a quilt-strewn fireside settle. Kitchen designed by Richard Lowell Neas for Mr. and Mrs. Irwin B. Abramson's 18th-century "Meadowbrook Farm." "Country Lane" bone china by Oxford. "Belmont" crystal by Lenox; "American Colonial" sterling by Oneida; "Adam" and "Eve" linens by Katja. Table settings inspired by these pages will be at stores listed in Shopping information, page 230.

Manners

New reasons why old rules don't always work—and when you should use them anyway

By Jill Robinson

This is like asking Dracula to consider the subject of love. Once I invited a couple for dinner, forgot, and they arrived to find an empty house. My friend called the next day and said, "You are the most socially irresponsible person I have ever known." I am always late, to the point where close friends tell me the arrival time is an hour before I am expected to be there. I have two years of unanswered mail which I have every intention of answering. Tomorrow. Sometimes I don't return phone calls. I always overdress.

But I mean well. Most of us do. That is probably not enough. There is a lot of carelessness masquerading as freedom. Honesty frequently displaces honor. Self-indulgent assertiveness supersedes tact and the spirit of good manners is, at best, misunderstood.

The very word "manners," for some of us, seems to cause a kind of reflex caving in of the ego, a descent of guilt which comes down like a wet, gray hooded cloak. With the new tyranny of "I'm doing it for me" and an invasion of "Getting out my rage" has come a revolution against manners.

Because most of our experience with the instruction of manners equates with parental authority, we have confused manners with restraint and inhibition—a repression of the free spirit. But the instruction really is a kind of behavioral training in consideration—in generosity of spirit, and what is more freeing than generosity? It is a certain irony that some of the people who talk incessantly about sharing and caring are the ones who rationalize the dropping of manners as irrelevant.

The system of good manners, called etiquette, like kosher food laws, and various regulations, probably developed from common sense as much as from an attempt to choreograph behavior in an attractive, gracious way. I used to tease my mother about her finger bowls, but at an informal party where everyone is eating food it is thoughtful, not pretentious, to have some little bowls of lemon-scented water. Napkins are certainly an improvement over wiping one's hands on the family dog. It's easier to place the knife and fork next to each other on the plate when you've finished eating, because they're less likely to drop off when the plate is being taken away.

I am perfectly capable of marching up to anyone at a party and introducing myself, but I rather enjoy the small welcoming ceremony of being introduced; for someone who is shy, an introduction is a decided comfort. Dressing up for a party implies a symbolic respect. People who say they hate symbols are only resorting to another (and, by the way, a cliché symbol) when they show up at Thanksgiving in jeans—never mind if they're French jeans with hand-cobbled cowboy boots. And on the host side of the matter, "heart of the house" entertaining is not to be confused with family room mayhem, and being a guest means never having to wash last night's dishes so tonight's sauce can be put together. (Except if the host is a writer with a deadline, she adds hastily and defensively.)

It is important to know at least (and this is also defensive) what rules one is breaking. Something like art—rules of etiquette may be broken with style. The main idea, perhaps, is to think about the comfort of others. Effortless entertaining is a contradiction in terms. Even being a guest requires a certain effort: a responsibility to carry off an attitude of some pleasure. When I don't show up it is often because I feel murky, rotten, and anxious—so much so that even a very good party won't fix it.

Even with very close friends, there's only so much psychodrama a gathering can bear, and it's good manners to be sure it's not always *your* turn. In the midst of deadline chaos, if people are coming over I shove some cute bits of weeds into little pitchers for the table and use cloth napkins.

I do think of the ritual of dinner when I think of manners, because that is where the subject most frequently came up when I was a child, and even during cheeseburger and pizza years when I was raising my children and things were less than wonderful around the house I had an inviolable "No TV at Dinner" rule. There is something essential to the understanding of social behavior that happens around a table when everyone must focus together upon one activity. The TV tables generation missed a lot. Families used to *have* to pause and talk together, and even if it was at times confrontation, there was an acknowledgment of each other's daily activities, moods, and growth. Now they go to family therapy where the therapist plays the role of the dinner table. It is no wonder that the Separate Tables generation is so focused upon the Self and so wary of manners.

I try to observe the rituals, the esthetics of good manners, even when I am with myself. I stop my work and eat dinner, even if it's a sandwich, on a placemat, and I look around at the things I like and do not, for instance, think about money, because that was one of the things we were told was not good manners to discuss at dinner. And with good reason—again, the common sense purpose of manners: Money causes more discomfort than any subject. Including manners.

My complacent, hedonistic little dinner numbers quite aside, there was a time, not too long ago, when I regarded etiquette as a code worked up to serve the purpose of class distinction. So I'm wary of making complaints about people who find it sexist. However, no matter how independent I am, which is *very*, I have not gotten bigger and some doors are heavy and I like to have a larger person open them for me and this is usually a man. I am fairly secure that this gesture does not give him the impression that I am willing to iron his jeans. (Although since I iron very well, having learned to in the costume department at college, I don't mind. If I like someone, it is the upper, happier reaches of good manners, which is the thing called kindness, to do something for him or for her.)

I know a young woman deeply involved

with radical feminist chic who finds it necessary to answer the phone with a gruff "Yeah?". This is along the lines of the protest which requires that four-letter words be used *especially* in the company of people who might find them offensive. It is not so much liberating, perhaps, as it is defiant and, good manners aside, it seems to create a barrier which interferes with an understanding of more important issues. The foundation of diplomacy is based upon a mannerly attempt to communicate and thus avoid war. One can scarcely negotiate points of view if one starts out screaming at the opposition.

There is a lot of just plain rudeness going around now, which would have it that mannerly behavior is a cover-up for one's real feelings. It is certain heresy, but I would very much like to see some feelings covered up. Stored, indefinitely, in point of fact. I had a friend, a young writer, who called a few months ago, presumably to reinstate a friendship which had waned, as some friendships will, when one moves away. She started out the converation by saying, "I want you to know what I really think about your new book..." and proceeded to tell me. "I know," she said, "You'd want me to be honest—listen, let's get together..." It is not true that one wants friends to be honest. One has critics for that. Friends are for supportiveness. Selective honesty is good manners. It is different if one asks for advice about an unfinished project. I mean, I might tell a friend who asks, "No, don't cut it, I love your hair long." But only a mother would say, after the fact, "Well, it will grow, won't it?"

Relationships should not begin with political position papers. If he insists on taking the check, and you insist on independence, send him flowers"

Another young woman I know reported this: "I was invited to a party, accepted, got a call the day of the party from the hostess who said, 'I invited your ex-husband, so I don't think you want to come.'" The kinder, more mannerly thing here would be, of course, to invite one *or* the other—or, to at least give a choice (in advance). And, obviously, not to spring such a thing at the last moment. It *may* not have been malicious, was probably just a kind of dumb unawareness, which is probably the source of most bad manners: carelessness.

But it hurts. It is true there are times when emotional stress creates a lapse and then it is good manners—and sensitivity—on a friend's part to let it go. There seem to be seasons in life where everyone is going through not just something, but everything. Friendship here is tested. Manners unravel and if you can't deal with the disorder or the chaos, step aside. If it's someone you care for, you only add to the stress. A friend of mine was invited to a close friend's anniversary party and five terrible things happened to my friend that day. She called and explained that she could not attend. She was yelled at for about ten minutes. Spent a lot of time crying. The next day, the anniversary party person called and said, "My therapist told me I have to learn to get out my anger and that is why I yelled." I say, go punch a pillow. Getting out the anger is an excuse for yelling and that was always bad manners.

Consistently unreliable people can be teased or told off by close friends—very close friends—and it sometimes works. I have been scolded, with affection, and careful timing, by friends and there have been minor improvements. I am at least aware of my unreliability and that is the first step to change. I also am able to say when I am feeling especially unreliable and there has been some appreciation of that fact...I don't make plans which involve tickets or careful, precise timing.

I read one of those "Help-yourself-never-mind-the-other-guy" books recently, which said that if you don't do something you probably don't want to, so drop it. I think that's too easy. I feel too pleased with myself when I do write a letter or go where I am supposed to on time—or remember not to monopolize the conversation. The small effort of doing the mannerly thing is extremely rewarding. What happens to me, and I think it happens to a lot of people, is over-commitment. I say "yes" to everything. Young people I know have a disparaging phrase, "So-and-so's a people pleaser." I like to please people. Who does not want to be liked, even loved?

I suspect the secret of pleasing people, fulfilling commitments, and having all-around good manners is organization. Procrastination is the enemy. Also perfectionism. I want to write the perfect letter; it must be completely memorable. The gift I send must be unique. The dinner party has to be so brilliant I can barely imagine what it might be. And so all of these social gestures are only imagined and never accomplished. The rationalization is "But I'm frantically busy." What I am frantically busy with is guilt, which uses up an enormous amount of energy, and to assuage my tardiness and lapses I assume the gestures must be ever more splendid. And I collapse under the weight of self-expectation. I am a thoughtfulness underachiever.

The busiest, most successful people I know have the best manners. "Do it now" organization, again, is the method. A woman I know who has similar pressures—the colliding forces of raising one's own family, working, and being an involved, concerned friend—wrote me a beautiful letter about something I had written. Two months later I saw her, blushed, and

Continued on page 290

What would you do?

Should the man walk on the outside? This custom originally protected ladies from mud splashed on long skirts by carriages. Now that we no longer have long skirts or carriages, there is some feeling that men should walk on the inside, so that pigeon attacks will spoil *his* hairdo. If you're in Paris, on the other hand, the man should stay on the outside, as protection against a new variety of purse snatchers who drive by and grab right from their motorbikes. However, if he has more money in *his* purse, maybe *you* should walk on the outside. My personal feeling is that if your man likes to feel courtly, let him walk on the outside no matter what.

Does a gentleman always help a lady into the taxi? On the new theory, the agile one gets into the cab first. But if the agile one is also extremely seductive, and therefore likely to be driven off by the cab driver, the stronger one gets into the cab first.

Should you stand or sit for an introduction? Customarily, older and more prestigious people remain seated to receive introductions, unless they are women—in which case no matter how young and unimportant you are, you sit while the man is introduced to you. Today many women stand up to show they can if they want to, and people who would rather not exhibit "age-ism" stay seated when older people are introduced. I still stand up to meet better writers and I suspect I always will. Especially if they're charming younger men and I do not wish to remind myself, or them, that I'm older.

Is gum-chewing in public wrong? Yes, and it always will be, no matter how tough it makes you feel. People who sit next to me on buses and crack gum should walk.

Should you use place cards at a formal dinner? It's nice to be able to seat compatible people next to each other; and place cards can make sure that the hostess will have the most adorable guests next to her. Place cards have fallen somewhat out of favor, though, since so many of us have standing-room-only buffets. (Perhaps the answer here is to have name posts, so that each guest may lean comfortably against a personalized post.) The trend away from place cards deprives us of a valuable asset: the ability to create incendiary and thus memorable conversation by placing archenemies together. But then, we do not really have archenemies any more—only people who "are coming from a different place," which may give new meaning to place cards after all.

NEW SLANT ON FABRICS

Imaginative design for one-room living, in all the woody colors of John Saladino's new fabri you can buy now

Columns, "Petal" chairs, round lamp used as table all soften room's angles

Mirrored corner behind hammock opens and brightens space, reshapes room

Three fabrics in carpeted niche make it cozy; triangle shape adds width

Can five patterns live together in one room? Yes—especially if they're from the same family. In this 17-by-33-foot studio/loft, where John Saladino created sharp angles and soft curves to transform an ordinary rectangle, his new fabrics for Bloomcraft go to work to make clever use of every inch of space. The sleeping zone, *far left,* is a carpeted triangular platform with a carpeted headboard wall; it's divided from the rest of the room by a curtain of "Gladiator" (here in Bone) on a hospital track. A comforter of "Block" (in Leather), and "Zipper" covered pillows (in Beige) make it a cozy room-within-a-room. In the conversation circle, unusual seating sports two more patterns: on a hammock made of "Satellite" (in Walnut) upholstered to a piece of sturdy canvas, and on the Z-lounge covered in Walnut "Cable." Under a window shimmered with high-gloss vertical blinds, an underlit triangular table serves as dining area and desk. More geometric spice: two round columns (see plan), and a diagonal mirrored cabinet. Studio by John Saladino, Inc., and Projects Designer Laura Bohn. Hammock, Z-lounge, and Bloomcraft fabrics designed by John Saladino. "Petal" chairs by Mr. Saladino for Dunbar. Fabric protected by Zepel. Antron nylon carpet from Karastan; "Rete" lamp and rose vase at Abitare. Portable TV by Magnavox. For shopping information, turn to page 230.

NORMAN McGRATH

FALZARANO

SHEETS FOR THE GARDEN LIFE

Lofty living room is the entertaining and music center—"but I paint here, too"

Miss Brody paints by the pool; "Kites" towel is her own design

Country flowers in new sheet designs by Barbara Brody, who lives in the gardens she creates

Collection-filled dining room, table sheeted for buffet

ed country kitchen designed by Miss Brody

Creative decorating should give you constant inspiration—and also the comfort that lets your imagination flourish. So when illustrator-designer Barbara Brody moved to California with her husband, producer John Avnet, she used her latest creations—three designs as fresh as country gardens—all over the house. A young woman who finds art in everything, she thinks of her surroundings as a storehouse of ideas and of her house as "one big workroom." Slanted walls of rosewood display paintings; beams are hung with collections of kites, hats, fans, and baskets. Miss Brody also gathers cloisonné and Chinese boxes, *above,* and her collections become part of her designs: "The 'Porcelain Border' sheet pattern happened while I was looking at the blue-and-white boxes and thought, how wonderful it would be to sleep in that." In the bedroom, *opposite page top,* the dream comes true: "Porcelain Border" covers the bed's comforter and pillows, slipcovers the wicker sofa, and mixes with "Flower Dream"—on the walls, pillow rolls, dust ruffle, and tableskirt—proving that patterns from nature and from art can harmonize beautifully. In the living room, the same patterns meet again, on the sofa pillows and ottoman slipcovers. Sheets make summery tablecloths, too: In the dining room, "Spring Showers" freshen the buffet table spread with a homemade feast. All sheets by Barbara Brody for Martex. Shopping information, page 230.

Living

A heart-of-the-house room for living, dining, and cooking at the top of a wonderfully efficient house designed with nature in mind

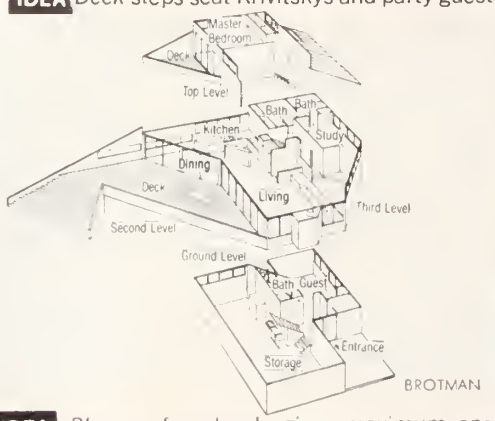
HOUSE OF IDEAS

...ith a treetop view

An idea-filled weekend house, built on four levels and open wide to a green setting. *Left:* In one great room, varied ceiling heights define living, dining, kitchen. A deck expands it outdoors and, *above*, a broad stair descends in a grand gesture to link the house with the wildlife scene below. *Right:* Sheltered entrance, cedar siding walls.

TOM YEE

IDEA *Deck* steps seat Krivitskys and party guests



BROTMAN

IDEA *Plan* on four levels gives maximum openness and family privacy. *Building facts, page 230*

TOM YEE

IDEA *Living room* has step-up platform for indoor plants

IDEA *Cantilevered chimney* of living-room fireplace eliminates need for foundation

IDEA *Bedroom deck* in roof slope

How to make more of space: multilevels for multiuse, lots of glass, and decks that take living outdoors

Here is a happy union of an exceptional house and an exceptional site. Designed for Mr. and Mrs. David Krivitsky by architect Eugene L. Futterman, this small, cedar-sheathed weekend house weaves indoor space and outdoor setting together delightfully. On an eastern Long Island lot bordering a wide pond ringed in rich foliage and lush meadows, the house is adroitly tailored so all major rooms and decks face the pond and wetlands landscape. Though only a half acre, the lot commands sweeping views of the surrounding countryside. "It is like our own lake and woodland" say the owners "and we're front-row center for the changing scene in all seasons."

IDEA *Two levels of glass* at floor and ceiling heights

IDEA *Deck* expands heart-of-the-house room for entertaining

IDEA *Twin bathrooms* skylighted, divided by mirror walls

IDEA *Kitchen* has triangular plan that saves steps

On four levels, with four major rooms, it is more spacious than its 1,700 square footage. Rooms and ceilings vary in shape and size, and the living-dining-kitchen—the heart of the house—takes up the whole second level. Surprise and the unexpected are the magical components of the design. You enter the ground-level entrance (a secluded guest room and bath adjoin it) and ascend to the second level. Suddenly you are in exciting space: The ceiling soars 16½ feet above the living room, while the dining-kitchen area veers off in a triangle on the right and, to the left, three steps lead up to an indoor plant platform. Two steps higher lead to a snug study on the third level.

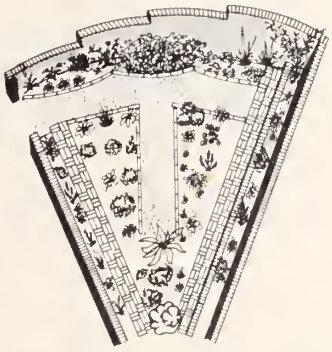
The big main room is flooded with sunlight from a 6-foot-square dome skylight overhead, from high clerestory windows, from the living and dining area glass walls. All-white walls and ceilings amplify the light and are a foil for the sand and straw tones of bleached oak floors, Ultrasuede sofa, chairs, laminated table, carpet, and the blue and white durrie rug. The 45-foot-long deck, which doubles space for entertaining, has a small counterpart above it. Here, at the fourth, top-of-the-house level, is the greige and white master bedroom and a small deck where the Krivitskys can watch the busy life of birds on the pond below—where they canoe, fish, and ice skate.

Up the garden drive

Two herb and fragrance gardens where you'd least expect them—flourishing in found space along the driveway

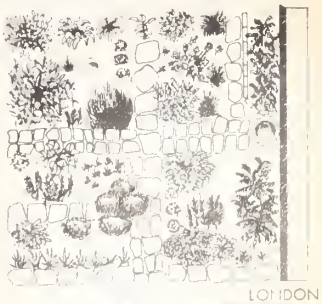
MARINA SCHINZ

I Need sun to grow what you love? An unlikely slope at the edge of the driveway was the place for Dr. and Mrs. Otto Billig of Nashville. "We're in a wildwood," says Mrs. Billig, "and I wanted an open spot where I could grow flowers and herbs." After clearing and leveling the slope they transformed it into a goose-foot pattern of brick and grass paths with retaining walls that double as benches for sunning. "I can handle it myself," Sebby Billig says, "and have bouquets all summer long, plenty of herbs—even for Christmas presents." Last year, she made 32 gallons of herb vinegar, "including a heady one of mint, garlic, and dill that's good on vegetable salads and for marinating meat." She also air-dries herbs for sachets and seasonings, tied up in calico or muslin bags. The garden has also become a bird garden with birdbath, wild elderberry (foamy white in summer), seeds not harvested, and rose hips to attract songbirds year round.



Opposite page: Brick-walled garden with more than 50 varieties of herbs and herbal flowers—roses, peonies, iris. Urn was found at a "rack and ruin" shop.
Below left: Yellow calendula, orange butterfly weed, pink yarrow, blue-flowered borage bordered by Silver Mound artemisia.
Below right: Roses for potpourri rim driveway wall.
Plan: 24-by-40-foot garden.

Our need for an herb garden began with a recipe that called for rosemary—and I had to borrow a sprig from a friend," says Pat Burton. She and her husband, interior designer Dan Burton, found space for a little herb garden in a spot near the driveway, a corner boxed in by a wall and a boundary fence. Now they grow 17 kinds of culinary herbs, and more chosen for flowers or fragrance. Stepping-stones cross the beds and make walking, watering, and snipping easy. A few herbs, like tender rosemary and lemon verbena, are also grown in pots for winter use. Pat Burton is current president of the Nashville Herb Society, which tends 6 historic gardens, raises money for the Tennessee Botanical Gardens at Cheekwood, and provides lunchtime herb lectures at city parks. "Members share plants in summer, recipes in winter," and have written three booklets: herb breads, soups, and general cookery, $1.35 each postpaid. Plant markers (see Gardeners' gifts, page 162) are another NHS idea.



LONDON

Top: Informal garden with stepping stones that lead past gray-leaved lambs'-ears, thyme, to birdbath and tall tansy.
Above right: Just a skip from the kitchen are mints, basil, lemon verbena, large-leaved sesame. Brick wall has pineapple finials, symbol of hospitality.
Plan: 20-by-20-foot garden.

Make-ahead presents

The cookie connection

Delectable treats to give or to serve at a homemade Christmas party

CHRIS REINHARDT

Celebrate Christmas at a party where everything is handmade with love—invitations, cookies, favors, even the honeysuckle vine wreath that hangs at the head of a table of holiday goodies. You can make all the presents in advance, as Mrs. Eugene Kennedy did: She baked and froze nine kinds of cookies—for party food and gifts—ahead of time, and surprised young guests with the easy-to-sew favors you'll find on the next page. **1, 2, 3.** Rolled sugar cookies, pinwheels, shortbread jam, hazlenut crescents, gingerbread, peanut butter chocolate kisses, coconut pennies, ice-box nut. Decorations were added the day before the party. Recipes, page 138. **4.** Mrs. Kennedy and 2-year-old Eugene III collaborate on invitations.

[1] Make-ahead presents

The good news bears

You can stitch up a basketful of teddy bears to use as favors, place cards, or to hang on the tree. Here, the bear necessities

Just as tempting as the cookies at Eugene's party was a basket of tissue-wrapped presents under the tree. What's inside? Dozens of calico teddy bears Mrs. Kennedy stuffed with Dacron fiberfill and tied with ribbon neckties—a different bear for each child. The do-ahead toys and cookies were so colorful they were the party's main decoration, so preparation time was short. Hand-designed invitations (see preceding page) announced the party's flavor: brown construction paper cut out and poster-painted like gingerbread men. When the cookie buffet was spread on a patchwork cover, greenery, candles, and white narcissus were all it needed. Learn to sew calico bears, page 292. **1, 2.** Beribboned bears, before and after giving. **3.** Stuffing bears. The bear above is actual size. **4.** Eugene admires workmanship.

CHRIS PETERSEN

IMPORTED AND BOTTLED BY PARK AVENUE IMPORTS N.Y.C. 52 PROOF

Dutch Coffee

Get into the spirit of things with this luscious Dutch Coffee: Pour 1½ oz. of Vandermint in a cup and fill with hot coffee. Top it off with whipped cream for a real "Dutch treat." Making it with Vandermint makes the difference.

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MEAL IN MINUTES

MENU

Gingered scallops
Sautéed cucumbers
Apple sorbet

Lightly browned scallops tinged with ginger, sautéed cucumbers in sour cream, and cidery apple sorbet—an easy lunch or dinner for four with just the right spice to be party food or a relaxing meal during holiday celebrations. Richard Nelson, whose energy ricochets him between his various careers—a retail flower business, West Coast assistant to James Beard, and full-time cooking teacher—sends these recipes from his cooking school in Portland, Oregon.

You will spend 30 minutes, maybe less, in the kitchen—if you have an electric ice-cream freezer, turn out dessert while you're at the table. Or make it early in the day or a day ahead. Slice the cucumbers and scallions and chop dill or chives for the vegetable dish. It will take only a few minutes to sauté the cucumbers, and before you add the sour cream to heat through, you can start the scallops in another skillet. Cook them briefly, dust with parsley, and serve.

Gingered scallops

INGREDIENTS

6 tablespoons butter
1½ pounds bay scallops, or sea scallops, thinly sliced
2 tablespoons fresh ginger, minced (or powdered ginger to taste—1 teaspoon or less)
Salt, freshly ground pepper
2 tablespoons parsley, finely chopped

METHOD

☐ Heat 6 tablespoons butter in a skillet until sizzling. Add the scallops and ginger and sauté briefly, just long enough to heat scallops through but not long enough for them to become brown. Season with salt and pepper, sprinkle with parsley, and serve. Serves 4.

Sautéed cucumbers

INGREDIENTS

2 scallions, trimmed and finely sliced
2 tablespoons butter
2 medium cucumbers, peeled, seeded, and julienned
Salt, freshly ground pepper
4 tablespoons sour cream
2 tablespoons fresh dill or chives, chopped

METHOD

☐ Heat 1 tablespoon butter in a skillet until bubbling. Add scallions to skillet and sauté them gently for about a minute. Add the remaining butter and the cucumber slices and sauté, shaking the pan occasionally to cook slices evenly and prevent sticking.

☐ When the cucumber slices begin to give water, after about 2 minutes, season generously with salt and pepper, stir in the sour cream, and sprinkle with dill. Cook until the sour cream is warm, but do not let it boil. Serves 4–6.

Apple sorbet

INGREDIENTS

3½ cups sugar
2 cups water
4 cups sweet cider or apple juice
4 cups raw apple, peeled, seeded, and shredded (tossed with lemon juice to prevent browning)

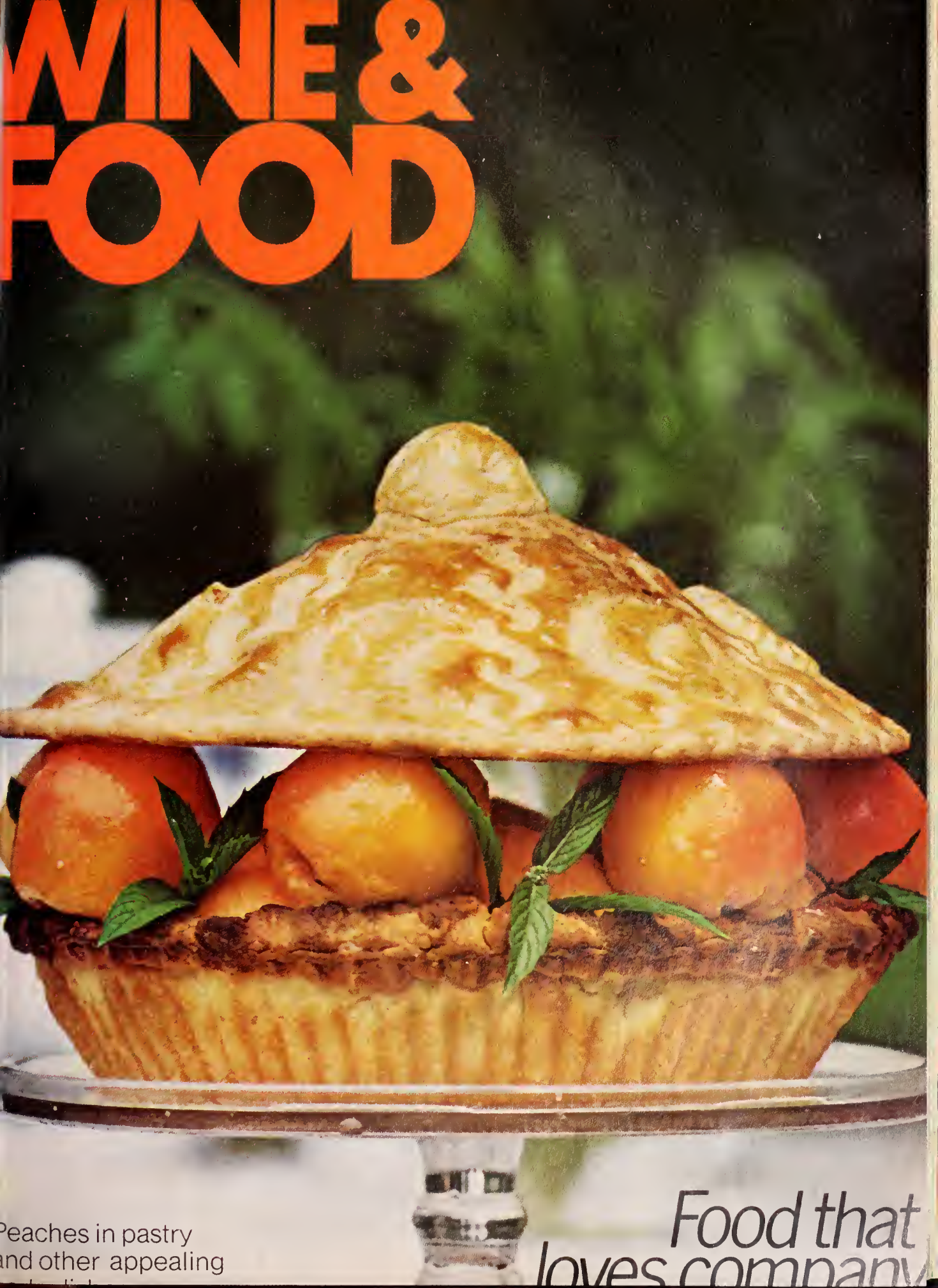
METHOD

☐ Combine sugar and water in a heavy 4-quart saucepan. Bring to a boil and boil until syrup is thick, about 5 minutes. Add cider or apple juice and remove from heat. Cool. Add shredded apple and place in ice cream freezer container. Freeze as for ice cream. Makes about 1 quart sorbet.

Opposite page: Whole poached peaches layered in a deep pastry shell sport a crust cap. Serve each person a whole peach and a piece of cap. For step-by-step instructions and other ideas for fillings, turn to page 203.

EMERICK BRONSON

WINE & FOOD



Peaches in pastry
and other appealing

Food that loves company

Many try, but none succeed. You just can't copy a true original.

Because it's rare.

86 Proof Blended Scotch Whisky © 1978 Paddington Corp., N.Y.

EMERICK BRONSON

Pastry for parties

Plus tips from experts to make your pastry-making easy

The Basics: definitions, tips, and recipes from cooks to ensure never-fail pastry—and lots of ideas for using it.

Marion Cunningham, *who has just revised* The Fannie Farmer Cookbook

Pie pastry is flaky, crisp, fragile, and even when baked is not strong enough to stand without the support of a pie plate. The pastry is flaky because the fat is cut into the flour only until the mixture becomes mealy and resembles very tiny peas. If you have cold hands, rub the fat and flour together until it is the right texture (you can chill your fingers in ice water); or use a pastry blender, or two knives. The food processor will work, but be quick and deft with the on/off motion or you will overblend.

Pies usually hold more filling than tarts and are ideal for rich old-fashioned chicken, turkey, meat, or vegetable pies. Pie pastry is also a fine complement for fresh, seasonal fruits and berries, and is best eaten the day it is baked. A basic recipe for a 2-crust, 8-inch pie: 2 cups all-purpose flour, 1 teaspoon salt, ⅔ cup shortening (like Crisco), ⅓ cup water.

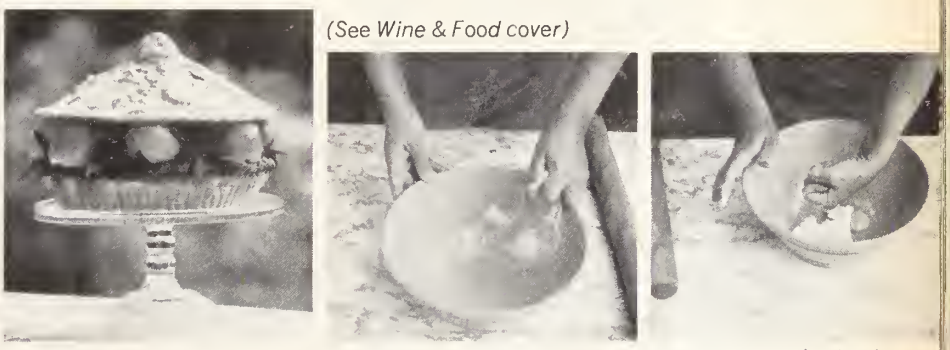
Tart pastry (pâte brisée) differs from pie pastry because it is crumbly not flaky, buttery, and strong enough to stand without the side support of a pan rim when baked and filled. When sugar is added to the pastry, to use for sweet fillings, it is pâte sucrée.

Tart pastry is crumbly because the fat and flour are completely blended. The addition of an egg yolk or a whole egg gives the pastry strength. A food processor does a fine job of mixing and blending all the ingredients, or combine the ingredients in a bowl and blend by hand, or use an electric mixer. Tart pastry may be patted and pushed into the pan, or

Continued on page 212

1 How to make a fruit tart

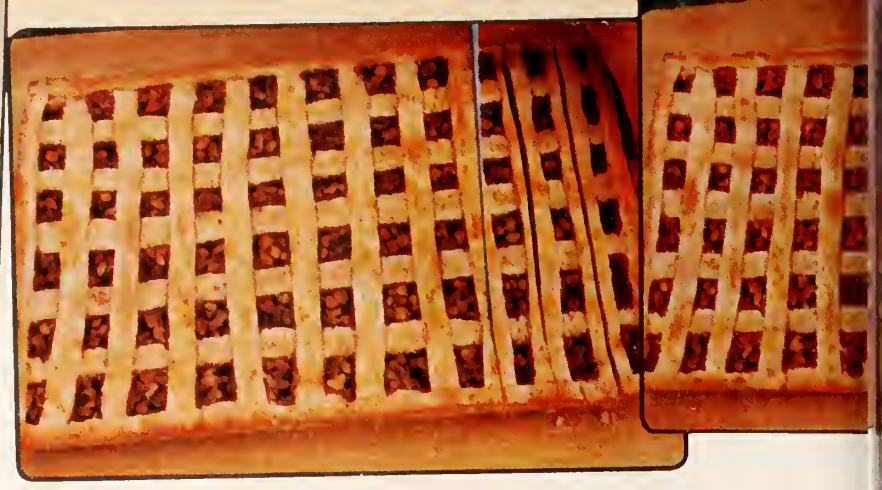
(See Wine & Food cover)



Ready to serve, deep, whole peach tart with pastry lid. First add water, egg, butter to bowl for pastry crust. Make an emulsion by working butter into water with knuckles.

Add flour to emulsion and work in with stiff fingers spread apart. Roll out ⅓ of the dough for lid. Place over the ungreased mold and carefully smooth pastry onto mold.

Trim excess dough with a sharp knife. Scallop bottom edge with dull edge of a knife. Make a ball of excess dough and press on top to be a handle. Turn page for tart assembly.



2 *Lattice-top walnut tart*

"It's more like a eandy, a caramel-nut roll, than a pie": that's how Jaek Lirio, a pastry ehef and San Francis eooking teaeher, describes his speeial version of an Eng diner nusstorte, shown *above*. Mr. Lirio first eneounter-

Glazed, decorated lid. Glaze inside pastry shell

EMERICK BRONSON

Brush glaze on fruit. Garnish, and arrange lid

Can anything so pretty be practieal? And easy, too! A speeial two-pieee mold of rolled blaek steel designed by Isabelle Marique, a New York cooking teacher (see her using her mold *left* and *previous page*) ereates the effect—a covered easserole in pastry. To do the same thing without her mold, Ms. Marique suggests a deep quiehe pan and a eirele of eardboard, slit on one radius to the center, folded over and stapled, to get a "eoolie hat" effeet. Cover with foil and follow the same direetions. Plaee on a eookie sheet to bake and take care not to burn it. Make several bottoms and tops to keep on hand. (Baked, they will keep several days on a shelf, or freeze dough ball unbaked.) Fill with any fruit—whole poached oranges would work, as do mounds of soft berries garnished with whipped eream. The fruit tarts hold about 20 small peaehes, or 10 large pears, so are good for large parties. Serve guests a spoonful of filling and break lid into pieces. Guests can take as much erust as they like. When the lid and top layer of fruit are gone, eut through bottom layer erust like a regular tart. Make erusts without sugar for savory fillings—chieken or lobster salads to serve eold; beef earbonade, or a ereamy seafood mixture topped with whole sole fillets to serve hot. Reeipes, page 216. Shopping information, page 230.

Whole poached pears make another delicious filling for the deep pastry crust. Poach pears in spices and red wine a day ahead and leave in liquid to soak up a deep red color.

3 *Chicken coriander pie*

"I aetually dream various tastes and wake up wantin to make them real," says Josceline Dimbleby, author o *A Taste of Dreams*. So it was easier, when she firs started eooking, for Mrs. Dimbleby to make up a reeip than to follow a book. Growing up in the Middle Eas and South America, she developed a passion for herbs spices, and unusual eombinations of flavors, like thi ehieken coriander pie with cider and mustard. Mrs Dimbleby makes it in a large flan dish, "then everyon gets a good slice of the rieh and erumbly pastry." Equally appealing hot or eold, the pie can be brunch luneh, or dinner. Mrs. Dimbleby dresses up the erus with deeorations fashioned from bits of pastry trimmed before baking, then brushes on egg yolk to make the top a burnished bronze. Her husband David, an enthusiastic taste-tester, spurs her on, is now trying desserts for her next book. "Even on holiday, when I don't have to," says Mrs. Dimbleby, "sometimes I feel I've just got to eook something." Reeipe, page 220.

TESSA TRAE

Chicken coriander pie and, *above*, cook-author Josceline Dimbleby, its creator, in her kitchen.

ELYSE LEWIN

the dessert, a specialty of the Engadine district of Switzerland, on a visit to Fauchon, when he lived in Paris. On tasting a similar sweet in a San Francisco shop, he went right home to recreate it—now it's an autumn tradition, best made when the new crop of walnuts arrives in November and December. For "a party's worth of pastries," Mr. Lirio cuts down the center of each ½-inch-wide lattice-crust strip to make bite-sized tarts. Recipe on page 216.

DAVID MASSEY

Sylvie Gilles-Naves fits pastry in flan ring

Fold in a collar of dough; cut off excess

4 French pear almond tart

Pastry is precise; you can add ingredients in other kinds of cooking right up to the end, but in baking, once it's in the oven, that's it," says Sylvie Gilles-Naves, daughter of master pastry chef, Gaston Lenôtre. She tested all the recipes at home for his book *Lenôtre's Desserts and Pastries* (Barron's) to ensure clear instructions that an average cook could follow with success. The book's organization demonstrates how the most intricate creations are built of more basic recipes. It opens with doughs and creams, then their variations, and finally the cakes, tarts, and pastries. The pastry-shop-perfect tart, *above*, combines several recipes—pâte brisée, almond pastry cream (vanilla pastry cream plus almonds and other ingredients), and poached or canned pears. Mrs. Gilles-Naves shows how to use flan rings *above:* Lay pastry over ring, and gently fit to touch all the way around. Fold in a ½-inch border of dough, then cut off excess by rolling the pin across the top of the ring. Lift up the border and pinch it between fingers to give a decorative edge and fasten the pastry to the top of the ring. Bake on cookie sheet. Recipes, page 220.

Holiday suppers, family style

1 Gather round a table of salmon mousse, braised beef with leeks, and a delectable hazelnut cheesecake

Small table set for an informal dinner. Cut-out in kitchen wall gives view into greenhouse

Mrs. Spears decorates with crushed and whole nuts

"The kitchen has *always* been the heart of our house," says Ruth Spears, a native of Oregon and chief cook in a family that helps with each step of a meal. "When planning a dinner, I ask my husband Frank what wine he wants to serve, then build the menu around it."

After many years of study with such experts as James Beard and Simone Beck, Mrs. Spears finds that all the classes and cuisines offer principles she can integrate into her own style of cooking—"and they're a great excuse to travel!" Most often, though, the Spears entertain simply at home, grilling lamb chops outdoors or, in colder weather, serving a stew or roast with vegetables from their own garden. The hazelnut cheesecake, *far right*, is an irresistible holiday indulgence. For Ruth Spears, cooking "is a form of art that lets you express yourself while you give other people pleasure—it's something you can share with everyone." For recipes see page 226.

DINNER

◆

Salmon mousse
Braised beef
Carrots, leeks, onions
Spinach-orange salad
Eyrie Meunier
Red Oregon wine
Hazelnut cheesecake

Salmon mousse with cape

2 Help yourself to a kitchen buffet of lamb with currants, zucchini pancakes, and shrimp in noodle nests

Above: View of the kitchen from the "business" end. Welsh dresser houses part of a collection of small plates bought for their color and charm, not value. *Right:* Zucchini pancakes with melted butter and Parmesan cheese. Radishes are served with lamb with black currants (in the U.S., use another fruit). Dinner opens with shrimp on cellophane noodles.

"I use a menu until every one of our friends has had it, before I move on and make up a new one. Some guests get a repeat of a meal, but no one has ever complained," says Alfredo Bouret. A fine natural cook, born in Mexico, he has worked as a fashion artist for Vogue in Paris and now, in London, masterminds his shop "Mexicana," all of which probably contributes to his nonconformist approach to food. His favorite formula is six or eight for a meal in the kitchen of his Victorian terrace house. "I like to do on-the-spot cooking like the zucchini pancakes." Just a short counter separates a small cooking area from the generous kitchen table where guests can sit comfortably close to the cook preparing their dinner. The counter can act as a buffet as well. "If I entertain larger groups, I use the dining room and do all the cooking ahead of time." Mr. Bouret doesn't claim to use wholly original recipes. "Most of mine are sifted through from a lot of traveling and reading, but in the end, I think we all put our stamp on the food we serve, both by the plan of a menu and its presentation." His artist's eye and curious palate create dishes of surprising tastes and textures—the lamb with black currants de-emphasizes the meat taste, replacing it with the subtle flavors left from overnight marination and roasting with black currant jam and brown sugar. Another popular entrée combines chicken with mango, nutmeg, lemon, and cream. Getting meals off to an unexpected start, like shrimp in noodle beds, is also a Bouret technique. Recipes, page 222.

Alfredo Bouret serving one of his specialties—zucchini pancakes

KITCHEN BUFFET DINNER FOR 6

◆

Shrimp in noodle nests
Zucchini pancakes
Glazed radishes
Lamb sweet lamb
Chocolate mousse

—*Above:* Home-grown carrots and leeks, plus tiny onions and potatoes, antique platter with braised beef, served with two sauces and a ite spinach-orange salad. *Right:* A slice of temptation—James Beard's secake made with Oregon hazelnuts for added texture, color, and flavor.

risply fried zucchini pancakes

t full of glazed, buttery radishes

GOOD SPIRITS

Fluid forms of fauna and flora

A Green-eyed Monster, a nonalcoholic Pussyfoot, or a Fig Leaf—and other animal and vegetable drinks to mix and match

By Henry McNulty

The drinking world is full of fauna and flora that seem to have eluded classification over the years. It is obviously high time for someone to attempt to insert a bit of order into this animal and vegetable chaos, so I offer herewith my new scientific system of separating this confusing beverage situation into easily identified categories so that the present unseemly picture can be tidied up.

Zoological beverages can be rationalized and computerized into general, logical divisions: Mythological Mammals, Dumb Domestic Dependents, Brutish Beasts, or Farmyard Friends. The Botanical Betterment movement would split floral concoctions into Vegetable, Tree, Fruit, and Blossom divisions, say. Cocktail and beverage nomenclature has been a haphazard affair up to this century, although it might also be pointed out that the genre did not even exist until the 1800s. Perhaps my system will help to restore order amid the general confusion and prevent some terrible faux pas being committed when you are out in high society through lack of information about which animal or vegetable is which.

Here then are some of the exciting possibilities:

Mythical Mammals

This section I would favor opening up with **Green Dragons** because there are two of them and because both are quite dangerous. The first to be identified, conquered, and classified contains a mixture of half dry gin, ⅛ kümmel, the same of lemon juice, 4 dashes of bitters, and a remaining quarter, that makes it green, of crème de menthe. This dragon's twin is even more perilous, though seemingly simple and disarming. It is composed of half cognac, and half green Chartreuse poured over shaved ice.

A **Zombie** is powerful voodoo, if not strictly mythological. For this magic, you shake a measure each of light, medium, and dark rums into a tall glass, together with 4 drops each of cherry and apricot brandy, and ice. Pour into a tall glass and decorate with pineapple slice and a cherry. If that is not fabulous enough for you, you can float a spoonful of Demerara rum on top of the whole affair for added zing.

There is also the **Green-Eyed Monster,** which sounds like something out of Monty Python, but is definitely mythical, consisting, as it does, of one part each of dry gin, sweet vermouth, and green Chartreuse, stirred with ice, and filtered into your glass.

Is a **Purple Bunny** something you'd rather drink than see? Should it be classified with wild animals, or here with the myths? Whichever you decide, in real life it is made with a measure of cherry brandy, ⅔ measure cream, ⅓ measure crème de cacao, shaken with ice and strained into a glass.

Warm up a wintry evening with a "Russian Bear," or try a refreshing minty-green "Parakeet."

Another poser is angels. Anthropologically trained as I am, I am not quite certain where they fit in. Are they mythological? Are they even animal? In any case, an **Angel's Wing** can be constructed (and I use the word advisedly) by piling on top of each other a measure of cognac, one of crème de cacao, and finally one of heavy cream, so that each floats on its predecessor. Serve carefully, or like many myths, this could dematerialize.

The **Wild and Woolly Division** must include a **Russian Bear.** Politics aside, it is clearly a wild animal, as wild as any you could name, though this one is not so woolly an incarnation as you might expect. Rather he is smoothly concocted of 2 parts of vodka to one of crème de cacao, and is tamed slightly by adding a tablespoon of heavy cream and 4 ice cubes, and given a thorough shaking. You then strain him into a cocktail glass for further subjugation.

Along with him, I would have to include **Leopard's Milk,** made with one part each of dark rum and brandy, 4 parts cream, 2 teaspoons of fine sugar, and a cup of cracked ice. I have failed to discover how you get the spots into this, but it certainly can make you roar. A **Monkey Gland**—a fairly wild form of beverage life—is one part each of gin, orange juice, and Pernod, shaken with ice and strained. It is meant to do for you, without surgery, what the Swiss monkey gland medicos used to make their fortunes on doing for the idle jet setters in the prehistoric twenties.

An **Elk** is definitely wild—half dry gin, half mirabelle or quetsch or slivovitz, with a dash or two of dry vermouth, shaken and strained. On the other hand, a **Fox Trot** seems quite controlled though it may not exactly fit the definition of fauna, but it is untamed enough, being 2 measures of light rum, 2 dashes of curaçao, and the juice of half a lemon or lime, shaken with ice. A **Tigre Volante Coctel** is a rum thing from South America, mysteriously made with 2 parts of golden rum and one each of gin and grenadine (or less of the latter if you want your trip to be a drier one), plus bitters, shake with fine ice and pour without straining either the drink or yourself.

Pink Monkeys are sufficiently savage to warrant including in our zoo. These are produced by shaking two parts of cognac, and one each of Dubonnet and Anis del Mono with the white of an egg for fluffiness, and ice. A twist of lemon peel over the monkeys gives them extra prehensility.

Ornithological Orders

The bird category ranges from barnyard fowl to the jungle. We might start this section off with a domesticated **Chanticleer,** and his 2 measures of gin, juice of half a lemon, tablespoon of raspberry syrup, and white of egg shaken with ice, leading his family of **Prairie Chickens** (a whole egg in a wineglass covered with a measure of gin, salted and peppered).

The jungle is represented by a **Yellow Parrot** on the one hand and a **Parakeet** on the other. In India, these flit around the gardens (the birds, not the drinks)

Continued on page 210

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continued from page 208

like our sparrows do. The first of these colorful beverages is made of equal parts of yellow Chartreuse, apricot brandy, and Pernod. Combine with ice, shake, strain, and off it flies. The second (which can be called a **Perroquet,** if you want to be French about it) uses one part Pernod, a dash of crème de menthe, and 5 parts soda water in a tall glass with ice. It helps you get airborne if you are in a tropical temper, or the weather is equatorial. Very cooling in exotic places like Dallas or Singapore.

More homely is the **Crow,** which brings you back to earth by a mixture of ⅔ whiskey, ⅓ lemon juice, and a dash of grenadine. If you feel even cornier, a **Bluebird** might suit the mood with its 2 ounces of gin, 4 dashes each of Angostura and blue curaçao, plus a twist of lemon peel and a cherry, if you like, stirred with ice.

Finny Favorites

The Fish Division includes a **Clam Juice Cocktail** that might be a welcome nonalcoholic oasis once in a while when you don't feel like anything strong but want a tasty drink. For this you shake together a teaspoon of tomato ketchup, a pinch of celery salt, a dash of Tabasco and ⅔ of a cup of canned clam juice, with ice. Strain and serve.

While we are on shellfish, a **Prairie Oyster** is a sort of a seaside Prairie Chicken. You slip a raw egg yolk carefully into a wineglass, add a measure of cognac and a dash of Worcestershire sauce. Then whip the white of egg slightly, pour it on top and imbibe. A simpler version is a teaspoon of Worcestershire sauce, a drop of Tabasco, a whole raw egg, salt and pepper.

Fishhouse Punch on the other hand, is a matter for a party of twenty-five. Dissolve ¾ of a pound of sugar in a large punch bowl with a bit of water. When melted, add a quart of lemon juice, two bottles of chilled Jamaican or Puerto Rican rum, a cup or so of peach brandy to taste, and two quarts of either cold soda water or plain water, stir. Put a large block of ice into the punch bowl and let it sit for an hour before regaling your guests with it.

Insect Interests

The insect or bug category seems to be dominated by bees. There is the **Bumble Bee** which needs 2 fingers of dark rum, 1½ teaspoons of clear honey, 2 or more teaspoons of lime or lemon juice and the same of fresh egg white. Shake with ice cubes and strain into a cocktail glass, then twist a bit of orange peel over the drink, and drop in 3 or 4 drops of Angostura.

And the **Queen Bee** with ⅔ sloe gin, ⅓ curaçao and a dash of anisette, and the **Busy Bee** which also contains honey —1 teaspoon of it—which you put into a shaker with 1 teaspoon of fresh mint and stir with 2 ounces of gin, ½ ounce Cointreau, 2 teaspoons lime juice to dissolve the honey. Only then do you put the ice in (otherwise the honey hardens instead of melting). Add the white of an egg and shake hard. Both the honey and the lime juice quantities can be changed to suit your tastes.

An insect world drink with a real sting is a **White Scorpion.** This form of deadliness is made of one part each of vodka, kirsch, and white crème de menthe, to which you add a dash or two of Rose's Lime Juice. Shake hard with fine ice and pour, ice and all, into a wineglass or a small tumbler.

If you are feeling slightly less lethal, a **Grasshopper** is the thing to toast the insect world with—one part each crème de menthe, crème de cacao, and just plain heavy cream. Shake with ice and strain into a tulip shaped glass.

Dumb Domestic Dependents

The household pets part of our menagerie begins with man's best friend's proboscis—a **Dog's Nose,** which is a measure or two of a good dry gin in a large glass, that's filled up with cold beer or stout. A **Barking Dog** is a punning drink, flavored with a chinchona bark (!) liqueur made in Spain, called Calisay. You put this into a mixture of ⅓ each of dry gin, dry vermouth, and sweet vermouth. A **Bulldog** is a tall drink—2 measures of gin, the juice of 1 orange, ice, fill with ginger ale.

Friendly felines are represented by a **Cat's Eye** or 4 parts gin, 3 of dry vermouth, 1 each of Cointreau and lemonade, and 2 teaspoons of kirsch. Shake, strain, serve with a lemon twist. And the harmless, nonalcoholic **Pussyfoot** made with half a cup of ginger ale, half a teaspoon of grenadine, a slice of orange, a twist of lemon peel, and ice. Combine all these and stir gently, sip until purring sets in.

Farmyard Friends

Fauna from the farm includes a **Moscow Mule.** One of Portugal's eminent bartenders, Senhor Manuel da Silva, makes this with a measure each of lime juice and vodka in a tall glass, filled with ice and ginger ale, decorated with a quarter of a lime. If you don't want a whole mule, you can try a **Mule's Hind Leg,** which is equal parts of gin, applejack, Benedictine, apricot brandy and maple syrup, stirred together with ice and strained into a glass.

Cattle are represented by both sexes—the cow and the bull, and tend to be rather hearty specimens. A **Black Cow** is a teetotalling animal, a tall glass of cola topped by two scoops of vanilla ice cream. But a **Rum Cow** has as much dark rum as you like, say 2 ounces, 2 drops of vanilla extract, a dash of Angostura, two teaspoons of sugar, a cup of milk and a pinch of grated nutmeg, all shaken with ice and strained into a tall glass. A **Bullshot,** of course, is a measure of vodka in a cup of cold beef consommé, flavored to taste with salt and lemon.

A **Horse's Neck** with spirits is more complicated as befits this noble beast's temperament. Cut a spiral of lemon peel and put it in a tall glass. Add as much Scotch or cognac as you like and fill with ginger ale. Even nobler is a **Silver Stallion**—half gin, half vanilla ice cream, juice of half a lemon and half a lime, shaken with shaved ice and strained into a glass which you fill up with soda water.

Rampaging Reptiles

This category provides a haven for many of those snakes St. Patrick chased out of Ireland. There is a **Rattlesnake** big enough to need six people to hold it down. Its strength lies in 8 measures of rye whiskey, 2 of lemon juice, 3 dashes of Pernod, the whites of 2 eggs, sweeten to taste. Rattle it hard with ice to make the beast fluffy, and strain into 6 glasses.

Shakespeare complained that a thankless child was sharper than a **Serpent's Tooth,** but he probably never tried the cocktail of the same name. I don't know how it compares with the Bard's ungrateful brat but it is fairly sharp, and is made with 2 parts Irish whiskey, 4 of dry vermouth, 2 of lemon juice, 1 of kümmel, a dash of Angostura, shaken and strained. A Portuguese **Snake-in-the-Grass** comes from the Algarve. It has ¼ each of gin, Cointreau, dry vermouth, and lemon juice, shaken with ice. And finally, though I am not absolutely sure it is a reptile, is a drink that would make you jump—a **Hop Toad,** composed of three parts apricot brandy to one of lemon juice, stirred with ice.

Botanical Branch

The drink world's botanical life is very active, too. You have heard of the famille rose in chinaware, but the rose family is far more prolific when it comes to agricultural drinks. The most important floral beverage group is that of the rose. Patriotism seems to play quite a part in this section: the **American Rose** vies with the **French Rose:** color is important too, **Pink Rose** drinks, and **Black** ones and **White** ones (not to mention miscellaneous **Morning Roses, Rositas** and **Crèmes de Rose**).

Rather illogically, the **American Rose** is made entirely with French ingredients, possibly owing to the literary invasion of Paris by expatriate American writers, like Hemingway, in the twenties. It needs a measure of cognac, a dash of Pernod, 1 teaspoon of grenadine, and 2 slices of crushed ripe peach, shaken with crushed ice, strained and topped up with champagne. A **French Rose,** on the other hand, is much more cosmopolitan, with 2 parts London gin, 1 part Danish Peter Heering, and 1 part Italian maraschino shaken and strained.

A **Black Rose** is composed of a measure of Jamaican rum in a tumbler with a couple of ice cubes, a teaspoon of sugar, and topped up with cold, black coffee. A **White Rose,** on the other hand, is 2 measures of gin, 2 teaspoons of

Continued on page 212

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Good spirits
continued from page 210

anisette, and 2 dashes of bitters stirred with ice, strained and served with a twist of lemon. A **Pink Rose,** naturally, takes a teaspoon of grenadine for color, and one each of lemon juice and cream for taste and consistency, shaken madly with 2 measures of gin and an egg white and ice. An eyeopener is the **Morning Rose,** easily mixed with a measure each of light rum and curaçao, plus half a measure each of grenadine and lime juice shaken with ice.

Flower Arrangements

For those who like floral arrangements, there are plenty of blossoms to choose from. The classic **Orange** one is 3 parts gin to 1 orange juice, stirred with ice. An **Almond Blossom** is nutty enough with half a measure of almond syrup (orgeat), 1½ of cognac, 1 of gin and a teaspoon of lemon.

Various Vegetables

A **Corn Popper** and a **Pumpkin Eater,** are two of the vegetable section represented. The **Corny** one takes a pint of Bourbon whiskey, a cup of cream, 2 egg whites, and a tablespoon of grenadine. It's more a punch than a cocktail, but put it into cocktail glasses with a lump of ice and a splash of soda water. The **Pumpkin Eater** turns you into a princess at midnight—5 parts dry white wine, 1 part Pernod, plenty of ice, a sprig of mint.

Tree's Treats

If you are in an Oriental mood, a giant **Bamboo** fits into the tree division—half dry sherry, half dry vermouth, dash of Angostura and ice. Another tree is the **Jack Pine,** with 2 parts gin, 1 each orange juice and vermouth, shaken, strained, decorated with a sliver of pineapple.

Figs grow on beautiful trees, and a **Fig Leaf** is a very useful bit of equipment for statues and ancient Greeks, but in cocktail form is almost equally comforting—⅔ dry vermouth, ⅓ light rum, juice of ½ lime, dash of Angostura, shake with ice. And a **Lone Tree** which is ⅓ each gin, sweet and dry vermouth plus that ubiquitous dash of bitters.

A **Brandy Shrub** grows well in hot weather, and it keeps just fine in the refrigerator. Put the juice of 5 lemons, and the thin peels of two of them into 2 quarts of brandy. Let this stand, covered, for three days, then add a quart of sherry and a pound of loaf sugar. Stir thoroughly, strain through a dishcloth. Bottle, tightly corked, and sip as long as it lasts.

Fancy Fruit

The **Fruit Department** includes a couple of exotic plant varieties. A **Banana Cow,** for example, would surprise most dairy herds and even some bananas. Chill a cup of half and half for an hour, add a ripe sliced banana, 3 or 4 maraschino cherries, an ounce of cherry brandy, 2½ ounces light rum, a teaspoon each of lemon juice and grenadine. Put all this in a blender with crushed ice until it becomes a mousse. Serve in tall wineglasses. And a **Mandarinetta** is 2 teaspoons of curaçao cut with 2 dashes of Angostura, added to 3 ounces gin, 2 ounces cognac, 1 ounce orange juice, 1 teaspoon lemon juice, and 3 twists of orange peel. Shake this with ice, add another orange peel twist in the glass. ■

Pastry for parties
continued from page 203

rolled out and fitted into the pan. This is an excellent pastry for beginners. A basic recipe for one 10-inch tart: 1¼ cups all-purpose flour, ¼ teaspoon salt, 6 tablespoons butter, 1 egg yolk, 2 tablespoons water. Add 2 tablespoons sugar to the tart recipe for pâte sucrée.

Maurice Moore-Betty, *cookbook author and New York cooking school teacher*

When it used to be said "Mrs. Anderson down the road has a very light hand with pastry," what was probably meant was that she had a very *cool* hand with pastry. There is a feel to pastry; I make it by hand and can tell by the feel whether it will be great pastry or not. Begin blending the fat into the flour with a pastry blender, but finish blending with the fingertips, which are cooler than the whole hand, until you have the texture of coarse corn meal. [Mr. Moore-Betty's recipe: 4 ounces butter, 3 tablespoons vegetable shortening—it cuts the richness of butter and makes a shorter pastry—dash salt, 2 cups flour, and ice water—using more water makes pastry easier to handle, less makes it better.]

My theory is that the pie fillings are usually sweet enough, so the pastry doesn't need sugar or extra flavoring. I prefer deep dish pies with only a top crust and do like to use the old trick of sprinkling sugar on the crust before baking. For tarts, I roll the pastry out rather thick—if it's good, why not enjoy it.

Glaze the crust at the last minute with cream or egg yolk (they give the same effect) before going into the oven. And hold onto the glaze, you might want to touch up or make the glaze darker with another application. For baking blind—line pastry with foil and weight down with beans or rice. Remove after 15 minutes and glaze with egg yolk. Bake another 10 minutes until brown. This will prevent soggy pastry. Lemon juice in pastry will keep it whiter.

Maida Heatter, *author of* Maida Heatter's Book of Great Desserts

A real cookie sheet, the kind with just one raised side, is one of the handiest things to have in the kitchen. Slide it under the pastry cloth if the pastry gets sticky while rolling, and transfer to freezer if you have space, or to the refrigerator until it firms up.

Craig Claiborne, *food writer and cookbook author*

The "lightly floured" board is what throws so many people—you need enough flour to prevent the pastry from sticking, and you really shouldn't be too cautious or let it intimidate you. Using a pastry cloth and knitted-stocking-covered rolling pin makes rolling out easier since the flour is absorbed by the texture of the cloth and not by the pastry. Have your ingredients cold, use ice water, and work quickly on a cool surface (cold marble is best) in a cool room.

Jack Lirio, *San Francisco cooking teacher*

You can roll out sticky dough by rolling between sheets of wax paper very successfully without prior chilling. Put on a baking sheet and *then* chill 20 minutes. The paper will peel off easily. You can stack several layers of pastry—just remember to use first the one you refrigerated first. If the dough gets too firm from chilling, it may develop elasticity when rolled out and that's why the pastry shrinks, especially when baking a blind pastry shell.

A great idea and time-saver for tartlet shells is to use a small scalloped-edged cookie cutter and bake the pastry "cookies" flat. Then paint with softened butter, add a thin layer of pastry cream, and stick just one perfect strawberry or slice of kiwi on top.

An easy way to line up to 24 tartlet pans is to roll out pastry and line up pans close in even rows. Lay pastry over *all* the tins. Sneak a corner off the pastry; roll into a ball. Use it to tamp down dough into each pan. Use 2 rolling pins to roll across tops of pans without tipping them to cut off excess dough.

Isabelle Marique, *New York cooking teacher*

The instant mixing flour is closer to the French flour and makes up into a very crisp, flaky pastry.

Raw flour must be protected from the liquid that binds the pastry—either make an emulsion of the liquid ingredients and add flour last, or cut butter into flour well, only then adding liquid.

"Knead" combined pastry ingredients (*fraiser*) once or twice to finish blending ingredients if you make pastry by hand—cut small portions from the dough ball with a pastry scraper and push away from you. Continue until all pastry has been "smeared." Using a pastry scraper instead of the heel of your hand keeps pastry cooler.

Flour the pastry and board with a quick flick of your wrist. Place rolling pin in the center of the ball of dough and roll out away from you. Do not roll all the way to the edges, however. Pick up dough and give it a ⅛ turn after each roll. Give a ¼ turn if rolling into a rectangle. Prick the crust with the prongs of a dinner fork—not straight down, but by holding the fork horizontal to the pastry and bouncing it over your other hand so the tines enter the pastry on an angle.

When you want a deeply colored glaze with only a short baking time (5-10 minutes), use just lightly beaten yolk. If baking longer, beat yolk with a little water. ■

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- 1 cup (4-ozs.) shredded cheddar cheese
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- 1½ cups celery slices
- 1 tablespoon lemon juice
- 1 cup KRAFT Real Mayonnaise
- ½ teaspoon poultry seasoning
- ½ teaspoon salt
- ⅛ teaspoon pepper
- Pastry for 2-crust 9-inch pie

Toss cheese in flour. Combine ¾ cup cheese, ½ cup almonds and remaining ingredients except pastry; mix well. Roll pastry into a 15-inch square. Fit pastry into a 11¾ x 7½ inch baking dish; trim to 1-inch beyond edge, flute edge. Fill with turkey mixture. Top with remaining cheese and almonds. Bake at 400°, 30 to 35 minutes. Garnish with lemon twists and parsley, if desired.

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continued from page 205

Peach pie with pastry lid

From Isabelle Marique

INGREDIENTS FOR PASTRY

3-4 tablespoons water
¼ teaspoon salt
⅓ cup superfine sugar
½ teaspoon vanilla
10½ tablespoons chilled butter, softened with rolling pin or knuckles
5 tablespoons shortening
1 egg plus 1 egg yolk
2½ cups flour (preferably quick-mixing enriched all-purpose flour)
1 egg yolk for glazing

INGREDIENTS FOR POACHED PEACHES

2¼ cups sugar
6 cups water
2 tablespoons vanilla
20 peaches, firm, ripe, and unblemished (about 2½ inches in diameter)

INGREDIENTS FOR PASTRY CREAM (optional)

2 cups milk, with ⅛ cup reserved
3 tablespoons all-purpose flour
3 tablespoons cornstarch
½ cup sugar
3 egg yolks
1 teaspoon vanilla extract
4 tablespoons chilled butter, softened with rolling pin or knuckles

INGREDIENTS FOR GLAZE

12 ounces apricot jam, sieved
2 tablespoons sugar
1 tablespoon water
Mint sprigs

METHOD FOR PASTRY

☐ Place 3 tablespoons of the water, the salt, sugar, vanilla, butter, shortening, and eggs in a mixing bowl. Mix all together roughly with your knuckles. Add the flour and gather the dough together by making circles as a machine would do, with fingertips open and straight. Add remaining water, if too dry. "Knead" 1-2 times with heel of hand or pastry scraper on a board to finish incorporating ingredients.

☐ Form the dough into 2 tight balls. One should weigh 1 pound for the crust and the other ½ pound for the lid. Wrap and chill 30 minutes in freezer, 2 hours in refrigerator, or overnight.

☐ Roll out the crust dough to about ⅛-inch thick, then roll it carefully over the rolling pin and transfer to the pie shell or mold. Place dough into mold by pressing with the fingers lightly to conform to the shape of the pan. Run the rolling pin around the edges to cut off excess dough. Push the dough ⅛ inch above the edge of the mold and press a decorative edge with your fingers around the rim.

☐ Prick the bottom of the pastry shell with a fork, line the shell with foil, and fill it with rice to hold dough against the mold during baking. Bake in a preheated 400° oven for 10 minutes. Remove foil and rice and bake for 5-10 minutes more.

☐ Roll out the dough for the lid to about ⅛-inch thick. Then roll it carefully over the rolling pin and transfer to the lid mold. Pat lightly all over to make dough lie flat against mold. Cut off excess dough all around with a knife. With a dull knife, make a decorative edge by pulling pastry edge into tiny scallops. Paint the entire lid with egg yolk. Use scraps of the leftover dough to make decorative cutouts and place on top. Shape a small ball of dough for the knob. Draw S's with a dull knife held lightly on a 30° angle to pastry so as not to cut it. Paint all over with egg yolk. Bake in a preheated 400° oven for 10-15 minutes.

METHOD FOR POACHED PEACHES

☐ Combine sugar, water, and vanilla in a saucepan. Bring to a boil and cook until sugar is completely dissolved.

☐ Add 10 unpeeled peaches to the syrup, bring back to a very low simmer, and poach for 6-8 minutes, depending on size of the fruit.

☐ Remove from heat and let peaches steep for about 15 minutes. Peel the peaches and return them to the syrup. Drain them on a rack and dry in a kitchen towel when ready to use.

☐ To poach the remaining 10 peaches for the pie, add 1 cup water and ⅓ cup sugar to the syrup, which will be only somewhat reduced. Cook them while peeling first 10. Then keep all 20 in syrup until needed.

METHOD FOR PASTRY CREAM

☐ Heat 1⅞ cups milk in saucepan. Put flour, cornstarch, and sugar in a bowl and beat in the reserved ⅛ cup milk by dribbles. Beat in the egg yolks. Beat in the hot milk, then return mixture to the saucepan.

☐ Stir custard mixture rapidly over moderately high heat and bring to a boil. Boil for a minute or two, add vanilla, and let mixture cool to tepid.

☐ Beat in the butter 1 tablespoon at a time until well incorporated. Makes about 3 cups cream. Can be made 2-3 days in advance.

METHOD FOR GLAZE

☐ Combine the jam, sugar, and water in a small enameled saucepan and boil over moderate heat, stirring with a wooden spoon for 3-4 minutes or until the last drop from the spoon sticks to it.

METHOD FOR ASSEMBLY

☐ Brush the inside of the pastry crust with the apricot glaze. Add optional pastry cream to a depth of ½ inch. (The pastry cream will "waterproof" the crust if assembling ahead of time.) Arrange the poached peaches on top of the cream and glaze the fruit. Top with the pastry lid. Garnish with mint sprigs.

Pear pie with pastry lid

From Isabelle Marique

INGREDIENTS FOR PASTRY

See recipe for peach pie

INGREDIENTS FOR PEARS IN WINE

3 cups red Burgundy wine
1½ cups sugar
Juice of 1 lemon
Zest of ½ lemon
1 cinnamon stick
½ teaspoon ginger
4 whole cloves
⅛ teaspoon nutmeg, grated
9 large pears, unblemished and slightly underripe, peeled
About 2 cups boiling water
⅓ cup cognac

INGREDIENTS FOR PASTRY CREAM

See recipe for peach pie

INGREDIENTS FOR GLAZE

10 ounces red currant jelly
2 tablespoons sugar
1 tablespoon water

METHOD FOR PASTRY

☐ See recipe for peach pie.

METHOD FOR PEARS IN WINE

☐ Put the wine, sugar, lemon juice, lemon zest, cinnamon, ginger, cloves, and nutmeg in an enameled casserole large enough to hold the pears. Bring to a boil, stirring once or twice.

☐ Drop the pears into the boiling syrup. Add boiling water to cover the pears—the pears float, so press down on them with a wooden spoon while adding the water so as not to add too much.

☐ Bring the liquid to a simmer, then cook slowly over low heat for 25-40 minutes, uncovered, depending on the ripeness of the pears. Turn pears occasionally during cooking. Remove the pears and strain the liquid.

☐ Boil the liquid for 10-12 minutes, until reduced to a light syrup consistency. Add the cognac, cook for 1-2 minutes more, and return the pears to the pan. Let cool and refrigerate 1-2 days, so the pears become nicely colored.

METHOD FOR PASTRY CREAM

☐ See recipe for peach pie.

METHOD FOR GLAZE

☐ Combine the jelly, sugar, and water in a small enameled saucepan and boil over moderate heat, stirring with a wooden spoon for 3-4 minutes or until the last drop from the spoon sticks to it.

METHOD FOR ASSEMBLY

☐ See recipe for peach pie.

Walnut tart

Engadiner nusstorte *(Engadine is a district of Switzerland) From Jack Lirio*

INGREDIENTS FOR DOUGH

1 cup sweet butter, at room temperature
1 cup sugar
1 tablespoon rum
2 eggs
⅛ teaspoon salt
4 cups all-purpose flour, sifted
Zest of 1 lemon, grated (optional)

Continued on page 220

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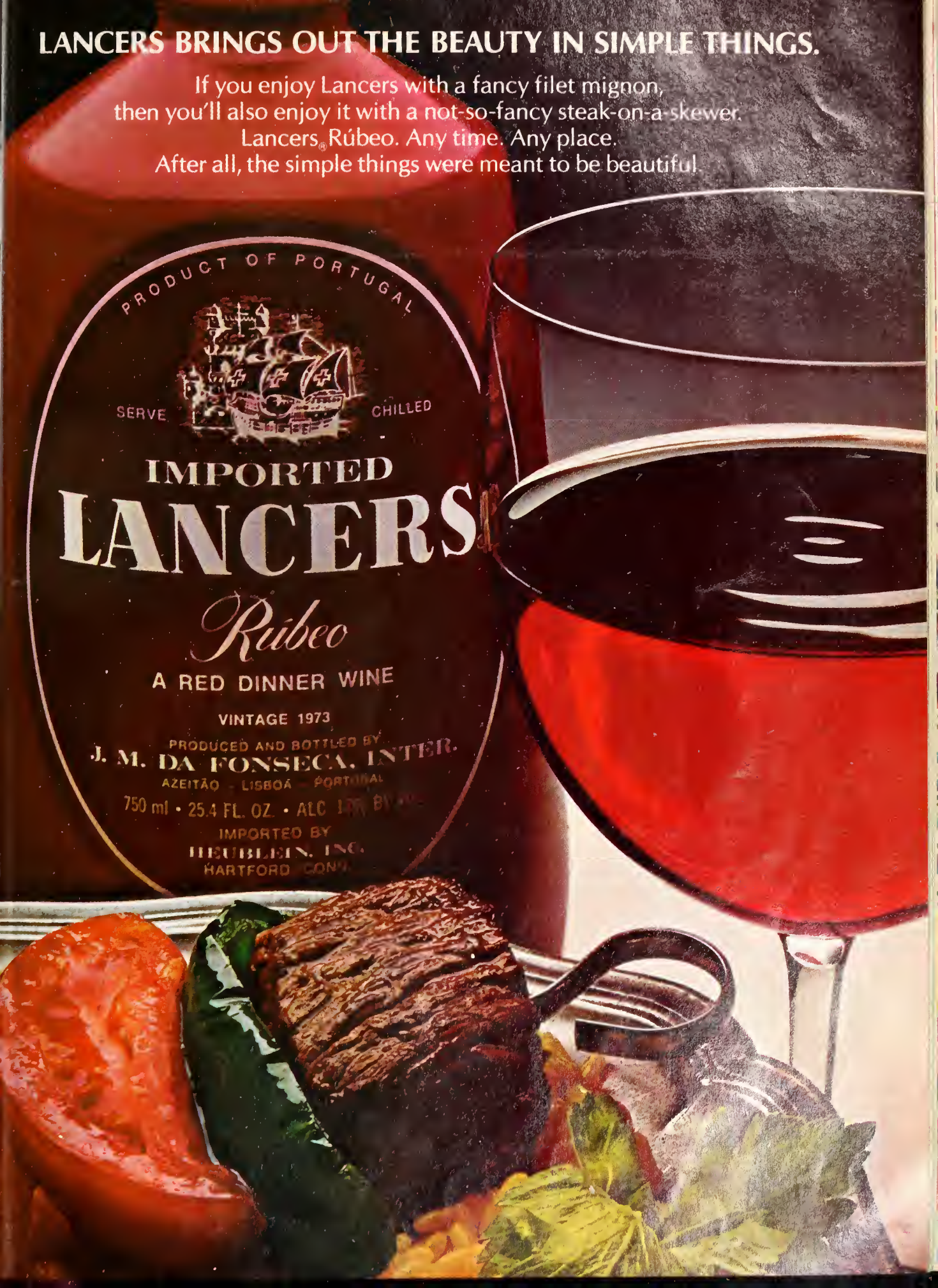

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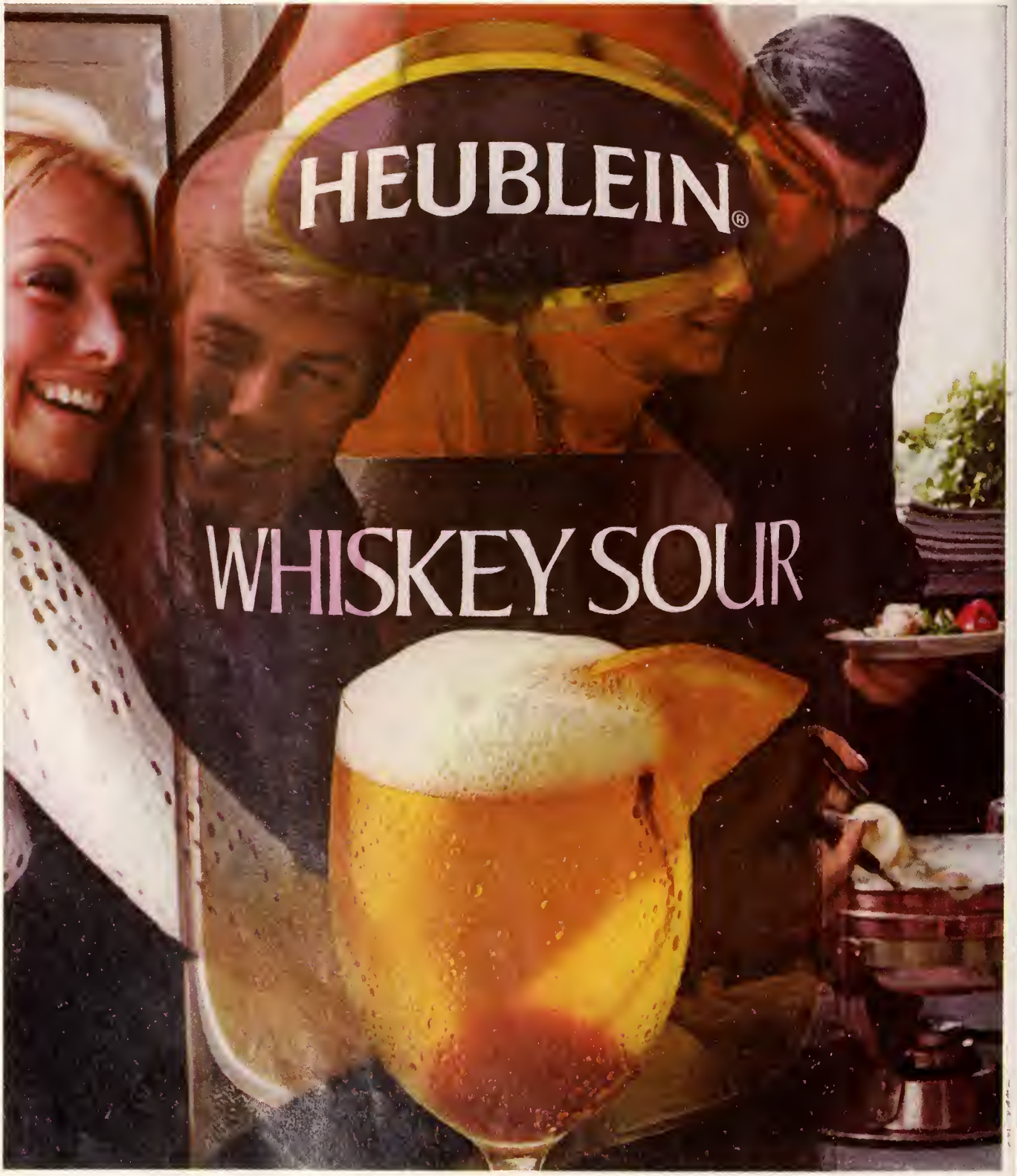

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This is JCPenney

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continued from page 216

INGREDIENTS FOR FILLING
1⅓ cups sugar
3 tablespoons water
1 cup heavy cream, heated
3 tablespoons honey
3 cups walnuts, chopped coarse
Egg wash (1 egg yolk beaten with 1 tablespoon cream)

METHOD FOR DOUGH

☐ Place all ingredients in a bowl and work with the fingers or a pastry blender until all the particles combine and form a dough. Smear the dough on a lightly floured surface to make sure the butter is well incorporated. Divide dough in half; roll each between sheets of wax paper to a rectangle about 9 by 13 inches. Chill.

METHOD FOR FILLING

☐ Cook the sugar with the water over low heat in a large heavy skillet until it liquefies and becomes light golden brown. Gently stir in the hot cream. Stir over low heat until the sugar blends with the cream.

☐ Scrape the bottom of the skillet with a small whisk to loosen all the sugar syrup. Stir in the honey and fold in the nuts. Cool filling thoroughly, or it will melt the dough when you combine the two.

METHOD FOR ASSEMBLY

☐ Fit half the dough into the bottom of a 9-by-13-by-2¼-inch pan and chill for 15-20 minutes.

☐ Spread the cooled filling evenly onto the dough-lined pan. Cut remaining dough sheet into ½-inch strips. Move these carefully—they are fragile. Place the strips in a lattice pattern over the top of the filling. Place ¼-inch strips all around top edges.

☐ Brush with the egg wash and place on the bottom shelf of a preheated 350° oven for 45 minutes or until richly browned. Cool on a rack. This will keep for many weeks and seems to improve with age. To cut into the little squares, cut right down the centers of the lattice strips.

Pear tart with almonds

*From Gaston Lenôtre**
INGREDIENTS
12 ounces short pastry dough (recipe below)
2 cups almond cream (recipe below)
4 large canned pears (or peaches. You can also poach fresh ones, if available)
Apricot jam, to glaze

INGREDIENTS FOR SHORT PASTRY (PÂTE BRISÉE)
Generous 1⅓ cups flour
1½ teaspoons granulated sugar
¾ teaspoon salt
Generous ½ cup butter
¾ beaten egg
2¼ teaspoons milk

INGREDIENTS FOR VANILLA PASTRY CREAM
1 cup milk
¼ vanilla bean, split in half lengthwise
3 egg yolks
⅓ cup granulated sugar
2 tablespoons flour or cornstarch

INGREDIENTS FOR ALMOND PASTRY CREAM
6 tablespoons butter, softened
⅔ cup powdered almonds
Scant ⅔ cup confectioners sugar
1 egg
1 tablespoon cornstarch
2 teaspoons rum
½ cup vanilla pastry cream

METHOD FOR SHORT PASTRY

☐ Kneading by hand: Place the flour on the table in a mound, then make a well in the center of it. Sprinkle the sugar and salt on the edges of the flour and place the butter and the eggs in the well. Mix all ingredients together until crumbly, working very quickly with the tips of your fingers. Then knead the dough gently by pushing it away from you against the table with the palm of your hand. Add the milk as you do. Gather the dough into a ball and knead once more, working as quickly and gently as possible. Form the dough into a ball, wrap in a floured cloth or place in a covered bowl, and let stand for at least 1 hour, or if possible overnight, in the refrigerator.

☐ Using an electric mixer: Mix the salt and sugar in a bowl, add the butter in small pieces, then add the eggs and the milk. Beat the ingredients for a few seconds and then add all the flour at once. Beat the ingredients just long enough to blend them. If the dough is worked too long, it will become elastic and tough when cooked. Don't worry if small pieces of butter are still visible. Makes 12 ounces dough.

METHOD FOR VANILLA PASTRY CREAM

☐ Place the milk and split vanilla bean in a saucepan and bring to a boil. Cover and keep hot. Beat the sugar and egg yolks together in a bowl with a wire whisk or a mixer on medium speed until the mixture whitens and forms a ribbon. Gently stir in the cornstarch or flour with the whisk.

☐ Strain out the vanilla bean and pour the hot milk into the egg and sugar mixture, beating all the while with the wire whisk. Pour the mixture back into the saucepan and bring to a boil again, stirring constantly with the whisk so the mixture does not stick to the bottom of the saucepan. Boil gently for 1 minute, stirring vigorously, then pour into a bowl and lightly rub the surface of the cream with a lump of butter to keep a skin from forming as it cools. Makes 1 generous cup.

METHOD FOR ALMOND PASTRY CREAM

☐ Cream the butter in a bowl until soft. Add the powdered almonds, beating until well mixed, then add the confectioners sugar. Beat in the egg. Mix at medium speed until the batter is light and smooth, then add the cornstarch and the rum. Add chilled pastry cream to the almond base, mixing in one tablespoon at a time until blended. Makes approximately 2 cups cream. Chill.

METHOD FOR ASSEMBLY

☐ Roll out the dough on a lightly floured table. Line 10-inch pie shell or flan circle with the dough and either cut the excess dough off flush with the mold by rolling the rolling pin over the mold or leave a small border and crimp it by pressing the dough against the mold at regular intervals with the blunt edge of a knife. Leave in a cool place for 1 hour before baking.

☐ Fill the lined mold with the cold almond cream. Cut each pear half in thin slices, crosswise. Carefully lift the whole halves and arrange on top of pastry cream in a star pattern. Bake in a preheated 425° oven for 30 minutes. Remove from the pan while still warm. When tart is cold, brush on jam. Makes one 10½-inch tart.

*From "Lenôtre's Desserts and Pastries" by Gaston Lenôtre, published by Barron's Educational Series, Inc., English language edition. Copyright © 1977 by Barron's Educational Series, Inc.

Chicken coriander pie with cider and mustard

From Josceline Dimbleby
INGREDIENTS FOR PASTRY
6 ounces butter or margarine
3 ounces lard
12 ounces "strong" all-purpose flour
½ teaspoon salt
Cold water
Egg yolk for glaze
INGREDIENTS FOR FILLING
Olive oil
Butter
1¼ pounds chicken, boned and cut into small pieces
2 onions, peeled and cut up fairly small
2 large carrots, cut in rounds
3 heaping tablespoons flour
Just over 1 pint hard cider
Salt, black pepper
3 teaspoons powdered coriander
3 teaspoons mild French mustard
1 large cooking apple, peeled, cored, and cut in chunks
1 8-ounce carton sour cream
¼ pound mushrooms, sliced

METHOD FOR PASTRY

☐ Cut the fat into the flour and salt in a mixing bowl. Rub with your fingertips until the mixture resembles bread crumbs. Stir in a very little cold water until the mixture only just begins to stick together. Gather up into a ball and refrigerate for at least half an hour, or overnight.

METHOD FOR FILLING

☐ Heat a little olive oil and 1-2 ounces butter in an iron casserole dish on top of the stove and remove from the heat. Stir the chicken, sliced onions and carrots into the melted fat. Stir in the flour.

Continued on page 222

▲ French Green Beans with Toasted Almonds ▼ Small Onions with Cream Sauce

▲ Broccoli with Cheese Sauce ▼ Carrots with Brown Sugar Glaze

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Above photographs are approx. 2 times actual size.

Pastry for parties
continued from page 220

☐ Meanwhile, heat the cider and stir it into the chicken mixture. Add salt, pepper, the coriander, and the mustard. Bring to a boil, stirring once or twice, and when the mixture thickens and is simmering, cover the dish and cook in the center of a preheated 350° oven for 45 minutes, stirring once during the cooking.

☐ Take casserole out of the oven and add chopped apple. Return the covered dish to the oven for a further 20 minutes.

☐ Stir sour cream and mushrooms into the casserole, check for seasoning, and pour mixture into a large shallow baking dish, like a quiche dish, about 9-10 inches in diameter, 1½ inches deep. Let cool.

METHOD FOR ASSEMBLY

☐ Roll out the pastry fairly thickly, roughly the size and shape of your dish. Dampen the edges of the dish. Roll the pastry back over the rolling pin and out again onto the dish. Trim the edges of the pastry very slightly larger than the dish and then press down lightly. Roll out the scraps of pastry and use to decorate as you like. Glaze by brushing all over with an egg yolk. Bake in center of a preheated 400° oven for 25-30 minutes until golden-brown. ■

Kitchen buffet
continued from page 206

Shrimp in a noodle nest

INGREDIENTS

Peanut oil for frying
½ packet (½ pound) Chinese cellophane noodles
2 ounces butter
2 pounds raw prawns, or large shrimp, shelled and well cleaned
2 cloves garlic, chopped
1 inch fresh ginger, chopped
3 shallots or scallions
Pepper
½ cup gin, heated

METHOD

☐ Heat the oil in a small pan, 3-4 inches in diameter. Drop in noodles by the handful and fry for 2 minutes until they are crisp and "teased up." Drain on absorbent toweling. Repeat to make the 4 nests. The small pan constricts the noodles, forming the nest shape.

☐ Heat the butter in a skillet, add the prawns, then the garlic, ginger, and shallots and fry for 5-6 minutes, stirring constantly. Add pepper to taste, the heated gin, and flame the prawns. Serve in the noodle nests. Serves 6. *Note:* You may fry the noodle nests ahead of time, then heat them in a 250° oven before serving.

Glazed radishes

INGREDIENTS

4 shallots, chopped

Continued on page 224

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Broiled Shrimp & Lemon Rice

Prepare UNCLE BEN'S® CONVERTED® Brand Rice according to package directions. At end of cooking time, stir in one tbs. finely shredded fresh lemon peel. Meanwhile, broil shrimp, brushing frequently with garlic butter; serve with lemon rice.

continued from page 222

2 tablespoons butter
2 bunches radishes, washed and trimmed (leave a bit of stem)
1 cup water
2 tablespoons vinegar

METHOD

☐ Sauté shallots in butter in a saucepan until soft. Add the radishes, water, and vinegar. Bring quickly to a boil; cover, reduce heat, and continue cooking for 15 minutes. Drain; add extra butter and toss well before serving. Serves 6.

Zucchini pancakes

INGREDIENTS

3 cups (1½ pounds) zucchini, grated
½ cup flour, sifted
1 teaspoon baking powder, sifted
Salt, pepper
1 egg, beaten
Oil for frying
Butter, melted
Parmesan cheese, grated

METHOD

☐ Combine zucchini with flour, baking powder, salt, and pepper to taste in a bowl. Add the egg and stir to blend ingredients. Drop mixture by large tablespoonfuls onto a smoking oiled griddle and cook until brown on both sides. Serve with melted butter and grated Parmesan. Serves 6, two per person.

Lamb sweet lamb

Adapted from Dr. Atkins' Diet Cook Book *by Fran Gare and Helen Monica; published by Crown Publishers, Inc.*

INGREDIENTS

1 3-pound piece shoulder of lamb, trimmed and boned
1 teaspoon ground ginger
3 tablespoons soy sauce
2 teaspoons Worcestershire sauce
1 small green pepper, cored and sliced
½ onion, thinly sliced
1 large clove garlic, pierced
1 tablespoon brown sugar
½ cup black currant jam
Frozen whole blackberries or blueberries, defrosted
½ cup vermouth
Salt, pepper
2 tablespoons butter

METHOD

☐ Rub lamb with ginger, soy sauce, Worcestershire sauce. Place in baking pan with green pepper, onion, and garlic and refrigerate overnight, turning occasionally. Bring lamb to room temperature before cooking and remove and discard pepper, onion, and garlic from the pan. Sprinkle brown sugar over the meat and spread with black currant jam. Bake in a preheated 350° oven for 1¼ hours.

Continued on page 226

Forget time, temperature, power and turning. Just remember to tap this control.

Auto Sensor Control

Now Panasonic makes microwave cooking so easy, even second and third graders (with their teacher's help) can cook a wide variety of foods. And did! To cook her roast beef medium, all Carolyn did was read the control panel. (That was the hard part for a third grader.) It instructed her to tap the auto sensor control three times. She did.

The Genius (NE-7910) did the rest. It automatically set the power, calculated moisture content, decided cooking time, cooked the roast, beeped to tell Carolyn it was done. And then shut itself off.

Carolyn, the other kids and the teacher were really impressed when they saw the new Panasonic Cook-A-Round™ magnetic turntable. It keeps rotating continuously so food cooks evenly and thoroughly, without your touching it.

Charlie's red snapper, Erin's chicken, Zachary's ziti, Michele's vegetables and Judy's cupcakes were all cooked by The Genius. The kids just tapped the auto sensor control. Everything was delicious and looked it. Even most meats brown naturally.

Its extra-large 1.32 cu. ft. capacity is large enough to hold almost anything you want to cook. And you'll want to cook just about everything, because for so many recipes, The Genius does the calculating so you can concentrate on the creating. Of course, you can also create manually by time, with six different power settings to choose from.

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Thursday's chicken
is Thursday's chicken.
But a blend of two rices
and twenty-three different
herbs and seasonings
is not a potato.

What a success.

Also available in Canada

Kitchen buffet
continued from page 224

☐ Remove meat to a heated serving pla
ter, garnish with fruit and keep warm. Ac
vermouth to roasting pan placed over m
dium heat and stir with a wooden spoo
scraping up all the brown bits. Simmer
few minutes, add salt and pepper to tast
swirl in 2 tablespoons butter, and stra
into a sauceboat. Serves 6.

Chocolate mousse

INGREDIENTS

2 tablespoons brandy
2 tablespoons cold strong coffee
10 ounces bittersweet chocolate, cut into pieces
8 eggs, separated
Whipped cream for decoration
Roasted almond flakes for decoration

METHOD

☐ Combine brandy, coffee, and chocola
in the top of a double boiler and melt t
gether over low heat. Beat the egg yol
well in a bowl and stir the hot chocola
mixture into them, beating well. Set asi
to cool.

☐ Beat the egg whites in a bowl until st
and fold into the cooled chocolate-egg m
ture. Pour into serving dish and put in
cool place for up to 4 hours before servin
Decorate with whipped cream and almo
flakes. Serves 8-10. ■

Gather round table
continued from page 206

Salmon mousse

INGREDIENTS

½ pound smoked salmon
Scant ¼ cup lemon juice
¼ pound butter, melted
½ cup sour cream
Scant ¼ teaspoon dill weed
Salt, pepper
Fresh dill sprigs
1 tablespoon capers
Toast

METHOD

☐ Purée the salmon and lemon juice ir
blender or food processor, adding melt
butter in a steady stream. When mixtu
is smooth, fold in sour cream, dill wee
salt, and pepper. Place in serving dish a
chill. Before serving, sprinkle with mo
dill (fresh, if available) and capers. Ser
with toast or thin crackers. Serves 8.

Braised beef

INGREDIENTS

1 cup onion, sliced
1 cup carrot, sliced
1 cup celery, sliced
1 tablespoon thyme
2 bay leaves, crushed
6 allspice berries
⅓ cup olive oil

Continued on page 2

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⅓ cup brandy
1 bottle red wine
Coarse salt, ground pepper
5-6 pound sirloin tip roast
Salt pork or bacon fat
1 or 2 cracked veal knuckles
Beef broth
1 tablespoon arrowroot dissolved in ¼ cup Port (optional)
Horseradish sauce (recipe below)

METHOD

☐ Combine onion, carrot, celery, thyme, bay leaves, allspice, oil, brandy, wine, salt, pepper and marinate roast in a large pot or baking pan 4-6 hours or overnight in refrigerator, turning once or twice.

☐ Remove roast and pat dry. Brown in salt pork or bacon fat. While browning meat, boil and reduce marinade by ½. Add marinade to meat with 1-2 cracked veal knuckles and enough beef broth to come ⅔ of the way up the side of the roast. Bring to a boil, then reduce heat to a slow simmer for 1½ hours or until a meat thermometer registers 115° for medium-rare meat. Or continue to cook to desired doneness.

☐ Strain the cooking liquid and reduce again by ⅔ or ½, depending on taste. If it is not thick enough, add the arrowroot dissolved in the Port. Serve with the meat. Serves 10-14. Pass the horseradish sauce separately.

Hazelnut cheese cake

From James Beard

INGREDIENTS

1 cup hazelnuts, blanched
2 pounds cream cheese, at room temperature
1¾ cups sugar
4 eggs
½ teaspoon lemon zest
⅓ cup graham cracker crumbs
Hazelnuts for decoration

METHOD

☐ Spread the hazelnuts in a shallow pan and bake in a preheated 350° oven, stirring occasionally, until lightly browned. Let cool a bit, then rub with fingers to remove skins. Grind nuts in a blender—a slightly uneven texture is acceptable.

☐ Beat the cream cheese in a large bowl until very smooth. Scrape the sides of the bowl frequently. When the cheese is smooth, beat in the sugar very well, then add the eggs one at a time. After adding the eggs, beat only to blend the ingredients. Stir in the lemon zest and hazelnuts with spatula.

☐ Turn batter into a buttered 8-by-3-inch springform pan. Level batter and place pan in a larger pan. Fill the larger pan with hot water to a depth of 1½ inches. Bake in a preheated 350° oven 1½ hours. Top will be golden brown and dry to touch.

☐ Cool cheese cake in the pan on a rack for a few hours until completely cool. Do *not* cool in the refrigerator. When the bottom of the pan has reached room temperature, invert cake onto a flat plate or board. Remove the pan and sprinkle the bottom of the cake evenly with graham cracker crumbs. Invert again, carefully and quickly, onto serving plate, so that the cake is right side up. Decorate with hazelnuts. Refrigerate at least 5-6 hours, or overnight. The cake freezes well. When cutting, always dip knife in hot water between slices to minimize sticking. Serves 8.

Horseradish sauce

INGREDIENTS

1½ cups thick yogurt or whipped cream
Prepared horseradish, well drained, to taste (several tablespoons)
¼-½ teaspoon mustard seed

METHOD

☐ Mix together the yogurt or whipped cream, horseradish, and mustard seed in a bowl. Serve topped with more drained horseradish or sprinkle with mustard seed. Makes 1½ cups.

Vegetables braised with white wine and butter

INGREDIENTS

8 small leeks, well washed and trimmed
16-20 baby carrots
8 small onions, peeled
White wine
Butter

METHOD

☐ Cook the leeks, carrots, and onions in salted water in separate saucepans until just barely done. Drain vegetables and place them together in a large sauté pan. Add white wine to a depth of ¼ inch in the pan; add a generous amount of butter. Cook vegetables over medium-high heat, shaking pan, until they are tender and glazed. You may need to add more wine or a bit of water as vegetables cook. Serves 8.

Spinach-orange salad

INGREDIENTS

2 bunches spinach
1 small bunch watercress
½-1 teaspoon dried or few sprigs fresh summer savory
1 orange, peeled and divided into segments
Zest of 1 orange, cut in fine julienne
Vinaigrette

METHOD

☐ Wash and drain spinach and trim off any tough stems. Divide the bunches into large and small leaves—reserve the large ones to cook later (wrap them in absorbent toweling and keep in a plastic bag in the refrigerator). Tear the small leaves into bite-sized pieces, if necessary, and place in a salad bowl with watercress and summer savory. Scatter the orange segments on top and sprinkle julienned zest over all. Toss with dressing. Serves 6-8. ■

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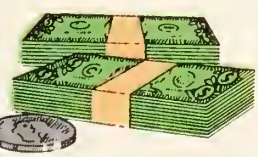

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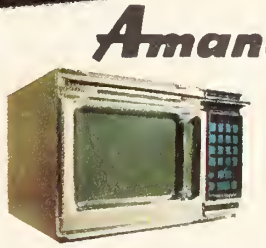

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4. All taxes will be the responsibility of the winner. Sweepstakes open to all U.S.A. residents including Florida, except employees of The Dow Chemical Company, their immediate families, its advertising agencies and the judging organization. Void in Missouri, Ohio, Utah and wherever else prohibited by law. All state and local laws apply.
5. Winners will be notified within 30 days after the drawing which will take place January 29, 1979. List of winners is obtainable from The Dow Chemical Company, P.O. Box 68511, Indianapolis, IN 46268.

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11009018

SHOPPING INFORMATION

PRICES APPROXIMATE
State and local taxes additional.
***Consult your interior designer or department store decorating service.**

COVER

"Scotland" cotton chintz: 57" wide. 24" repeat. $43.50 yd. From Brunschwig*, NYC 10021.

Chinese lacquered linen cocktail table: 54" x 30" x 17"h. Hook legs. $1,850. From Roundtree*, NYC 10021.

Rag rug: 83" x 77". $576. At The Gazebo, NYC 10021.

Upholstered furniture (except white armchair): At Bloomingdale's, NYC 10022.

"Little Sawtooth" cradle quilt (above mantel): 42" sq. c. 1880 From Collection of Phyllis Haders, NYC (212-832-8181). By appointment only.

Quilt pieces (on large pillow): Reverse appliqué floral design, c. 1860. 23" sq. $45. At America Hurrah*, NYC 10021. **(On smaller pillows):** "Rose" appliqué pieces, c. 1865. $15 ea. At Thos K. Woodard American Antiques & Quilts, NYC 10021.

Handmade, handthrown custom made stoneware: (on mantel, side table, and cocktail table): By John Copper, John Thompson Designs*, Woodstock, N.Y. 12498.

On side table: Wild turkey decoy: 18" x 13" x 22" h. 19th century, New Hampshire. Wood on metal base. $850. **Covered basket:** 14" sq. x 9" h. c. 1890, Maine Indian. Potato stamp design. $65. Both at Kelter Malcé, NYC 10014.

Patchwork quilt (on white armchair): 72" x 56". New Hampshire, c. 1900. $185. **Pennsylvania sponge-painted chest:** 24" x 12" x 9¾" h. c. 1800. $375. **Pennsylvania square wooden tray** (holding fruit): 11½" sq. $65. All at Pat Sales Antiques, NYC 10014.

Oval wire plant stand (behind sofa): 36" x 22" x 45" h., $275. **English pottery dough bowl** (holding logs): 21" x 11" h. $225. Both at Hamilton-Hyre, NYC 10014.

Drop-leaf cherry table: 43" x 26½" x 27" h. Louis Phillippe style, c. 1840, from Brittany. $545. At La Maison Rustique, NYC 10014.

Handbanded striped lacquered box with lid: 5" sq., $125. From Harris/Kosmas*, NYC 10023.

Oval pottery crock (holding flowers): 16" x 13½"., $75. At Madderlake, NYC 10021.

Paint: On walls, "Carnival Red" flat latex enamel wall finish. On trim, "China Plate" semigloss. Both by Pratt & Lambert.

GIVING FOR COLLECTORS
Page 161

17. Sterling miniatures: Bowl G9030, $12.50. Chamberstick G9028, $16.50. Lantern G9009, $18.50. Plate G9031, $7.50. Tyler cup G9004, $12.50. Myers candlestick G9008, $27.50. Candles (beeswax 10353, bayberry 10352, white 10354), pkg. of 4, $3. Tray G9007, $25. Teapot G9035, $32.50. Coffee pot G9010, $37.50. Creamer G9001, $20. Tea caddy G9036, $22.50. Spoon G9012, $5. Two-handled bowl G9002, $16.50. Glass decanter 12501, $35. Add $2 for postage.

GIVING FOR GARDEN LOVERS
Pages 162-163

5. Needlepoint canvases: Asparagus, 14" h. Cauliflower, 12" d. $55 ppd., ea. Lettuce, 12" d., $50 ppd. **12. Galvanized tin water pail:** 6½" d. x 5½" h., $3. **Galvanized steel washtubs:** 14" x 8" x 4½" h., $7. 16" x 9" x 5½" h., $8. 19¼" x 10" x 6" h., $9. **15. Canisters:** 5½" h., $11.45. 6½" h., $14.15. 8" h., $16.85. **Cachepots:** 4" h., $11.45. 5" h., $19.50. 7" h., $23. All ppd. Also at Entre Nous. **16. Tools:** Garden Bed Edger A4587, $22.35. Weeding Fork A4591, $19.35. Swoe A4588, $18.35. Garden Rake A4589, $26.35. Dutch Hoe A4590, $19.35. Scoop Trowel A4024, $9.30. Fine Point Trowel A4023, $8.30. All ppd.

GIVING FOR GOOD COOKS
Pages 166-167

2. "Firmalon" cookware: Covered 2-qt. saucepan, $45. 10" skillet, $36. Covered 3½-qt. saucepan, $52.50. Walnut handles. Kitchen Bazaar handles mail orders (add $1 per pc. postage). **3. Sienna-colored cookware.** Wooden handles. 6-pc. set: 1½-qt. round oven, 1-qt. covered saucepan (lid fits round oven), 10" non-stick fry pan. 5-qt. covered round oven (lid fits fry pan). **Stainless steel "Super Spoons":** 12", $4. 14", $4.50. 16", $5. At Contempo, Abraham and Straus. **5. Scale:** 12" x 8" x 3⅜" h. 10 kg. capacity. Booklet gives cup/gram/oz. equivalents. Dishwasher safe, shatterproof stainless steel tray. **8. Cookie cutters:** 3⅜" h. Set of 8. **9. Nylon mesh coronet sieve. 10. Espresso maker:** 4-c. demitasse capacity. Double spout nozzle. **11. "Show-It-All" Pyrex canisters: 3⅝" d.:** 2-c., $4.95. 4-c., $5.95. 6-c., $6.95. **5" d.:** 4-c., $5.95. 6-c., $6.95. 8-c., $7.95. At Macy's; May Co. California. **12. Stainless steel WaterBroiler** Pan, Grill, 15" Tongs. Greaseless, smokeless roasting, grilling. $40. At First Stop Housewares; The Complete Cook; or by mail from Drannan. **13. Belgian rolled blue steel bakeware:** Cookie sheet, $13.50. 9" quiche, $6.50. 11" quiche, $8. Quiche, 12" x 7½" x 11½", $9. 8" bread pan, $8.50. Bread pan, 9½" x 5½" x 2½", $8.50. 2-pc. timbale mold (also on pg. 201), $13. **14. 40-oz. Lexan food processor** with stainless steel reversible shredding and slicing disc, knife blade. 5-speed, 36-oz. blender. **15. Juice extractor and steam cooker:** 9-liter (10-qt.) capacity. Aluminum water pan, stainless steel fruit basket, juice kettle, lid. About $44.90 at Finn-Kraft; Tadco Distributors, or $47.90 ppd. from Mehu-Maija. **17. Copper saucepan:** 1½ -qt. Stainless steel lining. $87.50. Stainless steel steamer insert: $63. Brass handles. **18. Vinyl-coated steel dishrack:** At Hess's; Strawbridge & Clothier.

TABLES THAT LOVE COMPANY
Pages 178-183

All flowers, plants, topiary, and terracotta pots: At Madderlake, NYC 10021.

Page 178

"Amapola" bone china: 5 pc. place setting, $55. By Villeroy & Boch.

Crystal bubble wine glass: 28 oz. Set of 4, $27. **Fluted crystal champagne glass:** 8 oz. Set of 4, $34. **Crystal salt and pepper shakers:** Chrome tops. $6.50 a pr. All by Ebeling & Reuss. At Cardel, NYC 10022.

"Pointed Antique" sterling: 5 pc. place setting, about $132. By Reed & Barton.

"Carousel" linen and polyester napkins: 20" sq. Cornflower blue. $3.75 ea. By Leacock. At Henri Bendel, NYC 10019.

Page 179

"Pembroke" bone china: 5 pc. place setting, $53. **Matching china-handled flatware:** Stainless steel blades. 6 forks, $85. 6 steak knives, $76. **Matching ashtrays:** 4" d., $9.25 ea. **Salt and pepper shakers:** $18 a pr. **"Durham" bone china** (under plates): 5 pc. place setting, $52. All by Aynsley.

"Galtee" handmade crystal: 8½ oz. water or 5½ oz. white wine, $19.25 ea. By Waterford Crystal.

"Modern Victorian" sterling: 5 pc. place setting, $239.25. By Lunt Silversmiths.

Cotton floral napkins: 21" sq. $4.50 ea. By Elisa Daggs. At Kenneth Jay Lane, NYC 10021.

Lacquered table: 60" round. Folds to 8" deep. Polyurethane finish. $2,475. From Cy Mann Designs*, NYC 10022.

Swedish Louis XVI gilded antique side chairs: Leather upholstery. At Schlesch & Garza Antiques, NYC 10021.

Page 180

"Platinum Rim" china: 5 pc. place setting, $45. **"Olde Newport" pewter plate:** 10½" d. $37.50. **"Alexandra" crystal:** 7 oz. water or 3 oz. wine, $24.50 ea. **"Old English Tipt" sterling:** 5 pc. place setting, about $256.50. **Sterling salt and pepper shakers:** 2 pr., $35. **"Puritan" sterling candlesticks:** 3⅜" h., $40 a pr. **Sterling Chinese bowl and cover:** 4⅜" d. x 3½" h. $190. From the Metropolitan Museum Reproductions Collection. All by Gorham. At Altman's, NYC 10016.

Cotton floral napkins: 21" sq. $4.50 ea. By Elisa Daggs. At Kenneth Jay Lane, NYC 10021.

Lacquered glass-topped dining table: 60" sq. Pedestal base. $1,450. **White scroll-curved lacquered console:** 5'9" x 29" h. $995. **Lacquered stacked etagere:** $995. **Lacquered centerpiece:** 16" x 11" x 7" h. $250. All by Roe Kasian. **Antique porcelain plates** (on etagere): 12" d. $400 ea. **Silk-cushioned stools:** 20" d. $465 ea. All at Lord & Taylor, NYC 10018.

Page 181

"Fretwork" bone china: 5 pc. place setting. $69. By Coalport.

"Old Galway" handmade lead crystal water and wine glasses: $40 ea. **"Blarney" crystal candlesticks:** 7" h. $45 ea. **"Tuam" crystal candlesticks:** 4" h. $30 ea. **"Rosslare" open mustard** (holding salt & pepper): $15 ea. All by Wedgwood Irish Crystal.

"Beacon Hill" silver-plated flatware: 5 pc. place setting, $18. By International Silverplate.

"Baseball Stripe" cotton and linen napkins: 19" sq. $2.50. By Katja Designs for Wellman. At Altman's, NYC 10016.

Ash and cane side chairs: 19" x 20" x 32" h. $192 ea. From Intrex*, NYC 10022.

Copperware and food: From Donald Bruce White Caterers, NYC 10021.

Page 182

"Aurora" porcelain: Warranted against chipping for 2 yrs. 4 pc. place setting, $19.50. **"Symmetry" crystal:** 12 oz., $6.95. Designed by Bob Van Allen. Both by Mikasa.

"Cadet" stainless steel flatware: 5 pc. place setting, $25. By Bob Van Allen for Stanley Roberts. At Robin Importers, NYC 10022.

Black polyester voile napkins: 22" sq. $4.50 ea. By Frank McIntosh. **Slatted pine trays:** 20⅝" x 18". $12. Both at Henri Bendel, NYC 10019.

Page 183

"Country Lane" bone china: 5 pc. place setting, $68. By Oxford Bone China.

Continued on page 232

"You don't have to choose between a washer that gets your clothes clean and one that saves you money, because the White-Westinghouse Front-Loader does both." *Pearl Bailey*

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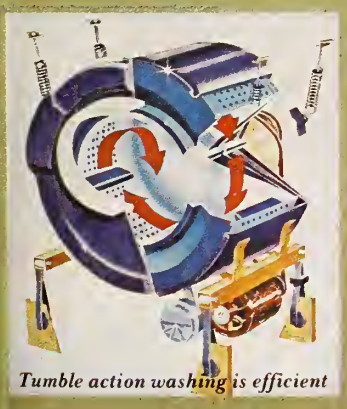

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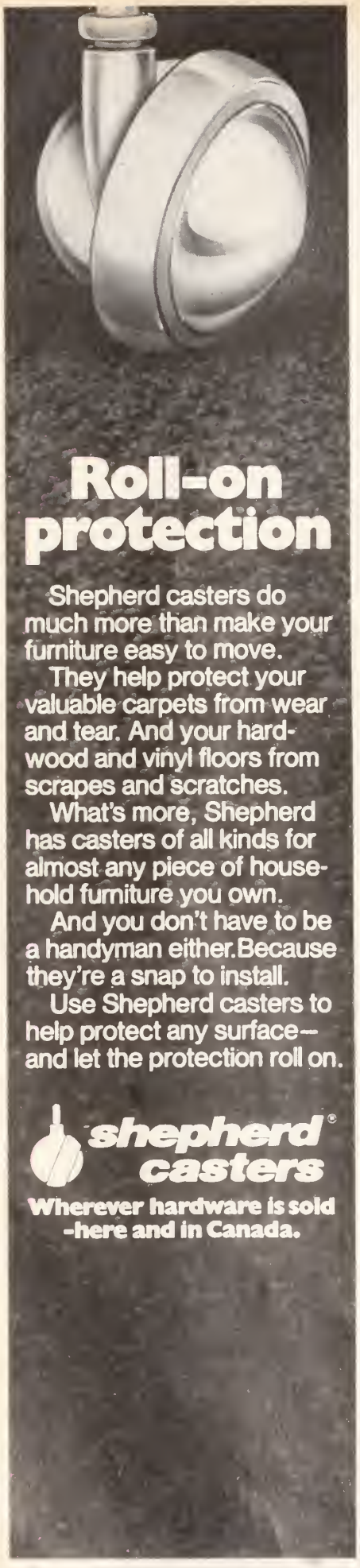

Shopping information
continued from page 230

"Belmont" crystal: 10½ oz. water or 7½ oz. wine, $9.50 ea. By Lenox Crystal.
"American Colonial" sterling: 5 pc. place setting, $216. By Oneida Silversmiths.
"Eve" cotton and linen tablecloth (as underskirt): 60″ x 84″, $24. **Napkins:** 19″ sq., $2.50 ea. **"Adam" cotton and linen tablecloth:** 52″ sq., $15. Both by Katja Designs for Wellman. At Altman's, NYC 10016.
Handpainted cracked-glazed pottery piggy bank: $40. By Lady Kilner II, Pat Rosiak. At The Farm Gallery, Far Hills, N.J. 07931.

The following stores (and branches) will create tablesettings inspired by the tables on pages 178-183:

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45 Broad St.
Atlanta, Ga. 30302

SHILLITO'S
7th and Race Streets
Cincinnati, Ohio 45202

WOODWARD/LOTHROP
700 G St. N.W.
Washington, D.C. 20013

NEW SLANT ON FABRICS
Pages 186-187
Cotton fabrics: Curtain, "Gladiator": 2¾″ repeat. **Comforter,** "Block": 25¼″ repeat. **Pillows;** "Zipper": ¼″ repeat. **Hammock,** "Satellite": 4″ repeat. **Z-lounge,** "Cable": 6¼″ repeat. All, 54-55″ wide. Zepel finish. $9-$10 a yd. By John Saladino for Bloomcraft. At Woodward/Lothrop, Washington, D.C. 20013.
Page 186, sleeping niche
"Suede Look" Antron III nylon face carpet: 12′ width. $26 a sq. yd. Lilac color. By Halston for Karastan.
"Aggregato" table lamp: White glass shade. Metal base. $195. From Lighting Associates*, NYC 10021.
Hooded cotton terry robe with piping: $108. At Pratesi, NYC 10021.
Antique Philippine baskets (next to bed): One of a kind. Large, $450. Small, $350. At Bailey-Huebner at Henri Bendel, NYC 10019.
Nested alderwood bowls: 7″ d., $35. 10″ d., $45. 13″ d., $55. By Mola. At Ambienti Design, NYC 10021.
In foreground: "Rete" enameled aluminum lamp (as table): 20¾″ d. $171. **"Trifoglio" rose bisque vase:** 4½″ d. x 16¾″ h. $109. Both at Abitare, NYC 10022.
Page 187, top
"Petal" chair: 28″ x 28″ x 32″ h. Loose cushion. On concealed casters. $791 COM. Designed by John Saladino for Dunbar*. NYC 10021.
AC/DC portable black and white television: 12½″ x 10″ x 9″ h. 9″ diagonal screen. Optional battery pack, or "Autodaptor" plugs into car cigarette lighter. Sun shield. $109.95. By Magnavox.
On table: "Piatto" travertine platter: 28″ d., $77. **Rose travertine plates:** 6½″ d., $25. 8″ d., $55. All at Abitare, NYC 10022.
Alderwood tea cups with Jena glass inserts: 8 oz. capacity, $17 ea. At Ambienti Design, NYC 10021.
Page 187, center
Vertical aluminum blinds: Sand color. By Holland Shade*, NYC 10021.
Beogram 2400 turntable: 17¼″ x 13″ x 3⅝″ h. Smooth touch control panel. $350. By Bang & Olufsen.
Mino-gami paper lamp: 32″ x 45″ h. Imported from Japan. By Noguchi. $130 ea. At George Kovacs, NYC 10021.
Page 187, bottom
"Cesto" umbrella stand (under table): 10″ d. x 20″ h. $65. At Abitare, NYC 10022.

SHEETS FOR GARDEN LIFE
Pages 188-189
"Porcelain Border" cotton and Dacron polyester sheets (on living room sofa pillows, bedroom comforter, pillows, wicker sofa slipcover): Full size, about $12.50. Full comforter, about $72. Pillowcases, about $8 a pr.
"Flower Dream" cotton and Dacron polyester sheets (living room ottoman slipcovers, bedroom walls, pillow rolls, dust ruffle, tableskirt): Full size, about $12.50. Full size bed ruffle, about $38.
"Spring Showers" cotton and Dacron polyester sheets (dining room tablecloths): Full size, about $12.50. All by Barbara Brody for Martex, WestPoint Pepperell. At Altman's, NYC 10016 (except "Flower Dream" ruffle); Bullock's, Southern California and Arizona; "Flower Dream" and "Spring Showers" at Rich's, Atlanta 30302.

WINE AND FOOD COVER
Page 201
Belgian heat-tempered rolled blue steel two-part timbale pan: 9″ d. x 1¼″ h. $13. Designed and imported by Isabelle Marique. At Bloomingdale's, NYC 10022; Higbee's, Cleveland 44113; Kitchen Bazaar, Washington, D.C. 20008; The Kitchen, Berkeley, Calif. 94704.

BUILDING DATA

Materials used in house on page 190

ARCHITECT: Eugene L. Futterman
CONTRACTORS: Sag Hill Builders, Inc.
SIZE OF HOUSE: 1,700 square feet
SIZE OF LOT: ½ acre

STRUCTURE
Foundation: Full basement with concrete block walls on poured concrete footings.
Framing: Standard wood frame construction of walls, floors, ceilings, and roofs.

EXTERIOR OF HOUSE
Exterior walls: Cedar board siding laid horizontally.
Exterior finish: Bleaching oil and stain by Olympic Stain, Div. of Comerco., Inc.
Roofs: On flat roofs, layers of bituminous-coated built-up roofing; on pitched roofs, terne metal.
Insulations: In walls and ceilings, 3½-inch batts of fiberglass.
Windows: Aluminum frame, bronze finish.

Continued on page 290

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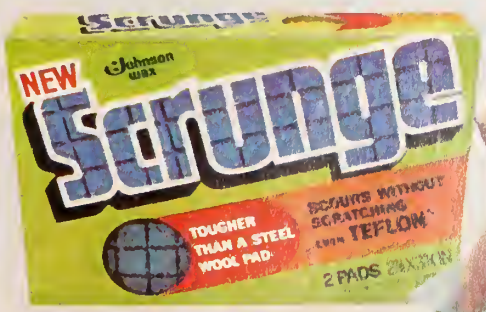

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English 18th century style vitrine crafted of solid maple and veneers in antique fruitwood finish. Hinged glass top, glass sides, velour pad on shelf. Chairside display for your small treasures. 20¾" w. by 14¾" d. by 20½" h. $115 ppd. (Add $5 post. W. of Miss.) Jenifer House, HG11, Great Barrington, MA 01230.

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Exquisitely hand-crochet bedspreads and pillow sh Specify ecru or white. Siz 72" by 90" and one sham 90" by 108" and two sham $250; 100" by 110" and tw shams $272. Hand-croche pillow, 14" $34; 16" $36. F Dust ruffles available. Co catalogue 50¢. Puckihudc Products Ltd., Box HG11, Oliverea, NY 12462.

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Plush cotton velours—the velvety texture making fashion news in pants dressing that goes from day into evening with perfect ease. The flattering deep cowl neck top and slim line pull-on pants come in emerald, raspberry or rich brown velours. By Herman Geist. Available in sizes P (6-8), S (10), M (12) and L (14-16). The top, $37; the pants, $37. Add $2.25 post per order. Write for free color catalogue. The Talbots, Dept. EG, Hingham, MA 02043.

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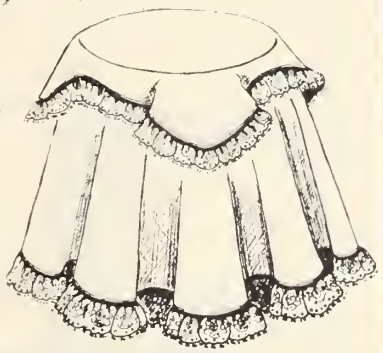
d cloth of unbleached mus- lged with heavy 4″ Spanish- lace. Diameter ole plus twice the drop h is correct size. Top cloth 23; bottom cloth 72″ $30, 35, 96″ $40, 104″ $45. Add st. per order. Free cata- e. Country Curtains, HG112 kbridge, MA 01262.



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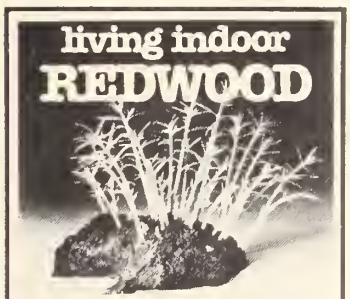

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Counter stool with vinyl upholstery swivels at a touch. Perfect for home bar or workbench, too. Vinyl in black, red, dark or pastel green, yellow. Unfinished 24", $18.50; 30", $18.95. Add $3 for walnut, pine or maple finish. Exp. coll. Marion Travis, HG11, Statesville, NC 28677.

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Ben Franklin style glasses he those who need simple magnifi tion of fine print. Lightweight, co fortable; impact-resistant lens Golden-finish wire frames. Sta age. $8.98 plus 90¢ post. Case cluded. (Not sold to Minn.) N King, Dept. HG118WF, 811 Wya dotte, Kansas City, MO 64105.

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Incredible "Crash-Loss" Breakthrough Reported in Leading American Magazines Works So Fast You Can Actually Measure the Difference in Your Waistline in Just 24 to 48 Hours!

Yes, LOSE up to 6 POUNDS the first 48 HOURS — LOSE up to 12 POUNDS the first 7 days — LOSE up to 4, 5, even 7 POUNDS MORE the next 7 days — and continue to burn away as much as 7 to 9 pounds more fat every 2 weeks thereafter, (if you still need it) . . . until you've finally lost 50 — 70 — 100 pounds OR MORE . . . **without fasting, without constant willpower, without constant pangs of hunger or a single moment of body-racking exercise.**

Recommended by the U.S. Government's very own doctors to members of Congress who want to lose weight fast . . . Hailed as the weight-loss "breakthrough of the century" by leading medical journals . . . here at last is the most effective NO-DRUG program for FAST — INSTANT — PERMANENT LIFETIME WEIGHT-LOSS ever made available to the public without a prescription!

WORKS SO FAST THE FIRST WEEK ALONE YOU LOSE AS MUCH AS 1½ TO 2 POUNDS OF BOTH FLUID AND FAT EVERY 24 HOURS!

Direct from the pages of medical journals and leading American magazines come reports of an incredible "fat burning" breakthrough by medical researchers at one of Boston's foremost medical schools! Reports of a "crash-loss" program (featuring a remarkable natural substance) that safely, yet surely steps up FAT-BURNING METABOLISM . . . forces your system to ATTACK bulging pockets of fat . . . and starts to shrink and burn that fat in just a matter of hours!

Yes, from one of New England's leading medical centers comes the SUPER FAT-BURNER way to turn up your "inner furnace" . . . unlock those clinging pockets of fat . . . break them down SO FAST . . . you burn off excess bulge at the unbelievable rate of up to **6 POUNDS of both fluid and fat GONE the very first weekend alone!**

Think of it! You actually burn away more fat each 24 hours than if you ran 12 to 14 miles a day! Lose more inches each week than if you did 300 sit-ups each morning and 300 push-ups each night! Actually LOSE as much as A FULL SIZE THE FIRST 7 DAYS . . . **and from 3 to 5 inches off your waistline the very first month!**

That's right! Weight-loss results and inches-off wonders that absolutely stagger the imagination. Just look:

U.S. ARMY OFFICERS LOSE WEIGHT 3 TIMES FASTER THAN EVER BEFORE!

Case History #1: When medical researchers in Boston, New York, Philadelphia and Los Angeles first tested this hi-amino concept on a scientific weight-loss program . . . they reported astonishing results of as much as 12 POUNDS LOST IN JUST THE FIRST 7 DAYS! — 16 to 18 pounds gone by the end of week number two — and most mind-boggling of all — U.S. Army Officers actually losing weight 3 times faster than ever before! As much as 50 POUNDS GONE, like that!

WAISTLINES SHRINK UP TO 3 INCHES IN 7 DAYS — A FULL 5 INCHES SMALLER IN A SINGLE MONTH!

Case History #2: When first rumors of this medical breakthrough leaked out to professional actors, actresses and celebrities . . . they immediately rushed to the offices of America's leading weight-loss specialists to get their hands on this "magic compound"; and no wonder! Because the first week alone they carved away as much as 2 pounds a day . . . 13 pounds a week . . . were forced to take in their belts 3 notches smaller in just 10 days!

DOCTORS REPORT: AVERAGE LOSS — 57 POUNDS!

Case History #3: But most significant of all . . . when universities, hospitals and medical schools, (such as New York's Leading Medical School and one of Cleveland's largest hospitals) tested this "crash-loss program" on patients who all their lives had been hopelessly overweight . . . they reported astonishing losses of as much as 2 pounds a day at the start . . . 20 to 30 pounds a month . . . as much as 70 pounds lost over a single summer season! — by simply stepping up their fat-burning metabolism and **burning, melting, oxidizing** 50, 70, 100 pounds of hard-set fat . . . FASTER, SURER than they had ever dreamed possible!

WORKS LIKE "POWDERED HEAT" — MAKES YOUR INNER FURNACE BREAK DOWN BODY FAT!

What is this wondrous development that helps safely stimulate fat-burning metabolism and shrink your body's fat cells the moment it starts working in your system? It is an ANTI-FAT WEAPON unlike anything you've ever seen, or tried in your life. A FAT-BURNING aid that helps you convert body fat to body fuel AUTOMATICALLY . . . and EVAPORATE excess pounds and inches starting the very first day!

Think of it! A medically proven formula that is such an effective reducing aid . . . that when combined with the food you eat on this "crash-loss" program . . . **burns off as much fat each 24 hours as if you jogged up to 14 miles a day . . . or played 3 hours of tennis in the most brutal heat!**

The name of this wondrous amino formula is "THERA-SLIM-100" and here is precisely how you use it to win the body and figure of your dreams as you:

LOSE UP TO 4 TO 6 INCHES OFF YOUR WAISTLINE
LOSE UP TO 2 TO 5 INCHES OFF YOUR HIPS
LOSE UP TO 3 INCHES OFF YOUR THIGHS
LOSE UP TO 4 INCHES OFF YOUR BUTTOCKS
LOSE UP TO 4 INCHES OFF YOUR STOMACH

and as we've said before, starting not in weeks, but in mere days.

HELPS YOUR BODY CONVERT STORED UP FAT TO BURNED UP ENERGY! At this very moment — having read this far — you are but one short step away from LIFETIME IMMUNITY TO FAT! Now comes your FINAL GIANT STEP into a whole new world of LIFETIME SLIMNESS.

Of course, there is one thing you must keep in mind. With the "THERA-SLIM-100" way to LIFETIME SLIMNESS you cannot gorge yourself on all sorts of fattening foods, candies and desserts. Not that you'd ever want to, because with "THERA-SLIM-100" — due to your new, stepped up metabolism — besides enormous weight-loss you also experience a loss of hunger. Which makes it one of the easiest way to lose weight fast. Now here's how simple it is:

STEP #1 — YOU EAT

In addition to the wide and tasty selection of food you enjoy morning and night, (all scientifically programmed to help maintain a high-level of FAT BURN OFF) . . .

STEP #2 — YOU TAKE "THERA-SLIM-100" hi-amino compound.

Once a day, you take "THERA-SLIM-100" in a glass of water, (just like refreshing fruit juice). This hi-amino intake helps keep the fat-burning chain-reaction going ALL 24 HOURS OF THE DAY — NON-STOP!

STEP #3 — YOU HAVE AUTOMATICALLY STEPPED UP YOUR FAT-BURNING METABOLISM — SO YOU AUTOMATICALLY BURN OFF EXCESS WEIGHT!

In virtually no time at all, you make your inner furnace accelerate fat burn-off. Safely, gently, yet surely you cause a gradual change in your fat-burning metabolism as you "rev-up" that inner turnace.

The result: Your body begins to eliminate stored-up fat and fluid at a rate so incredibly fast, the very first weekend alone YOU DRAIN AWAY AS MUCH AS 5 OR 6 POUNDS!

In short, with the "THERA-SLIM-100" weight-loss program, you force your body to automatically convert body fat to body fuel . . . automatically shrink fatty cells . . . drain off excess flab . . . flush it right out of your system ONCE AND FOR ALL!

REMEMBER:
YOU MUST LOSE:
- **up to 6 lbs. the first 48 hours**
- **up to 12 lbs. the first 7 days**
- **up to 7 lbs. more the next 7 days**

or it costs you nothing!

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Never before has medical science offered you a surer, faster, more effective weight-loss method, (short of total fasting) than this super fat-burning breakthrough developed at one of Boston's leading Medical Schools.

THE FACTS ARE IN! THE RESEARCH IS DONE! THE INCREDIBLE WEIGHT-SLASHING RESULTS HAVE BEEN PROVEN BEYOND A SHADOW OF A DOUBT BY MEDICAL SCHOOLS — HOSPITALS — DOCTORS — AND SCORES AND SCORES OF OVERWEIGHT PATIENTS! NOW, THE FINAL STEP IS UP TO YOU!

REMEMBER: You must see dramatic results in just 24 hours — results you can measure with both your scale and your tape measure . . . you must lose:

up to 6 lbs. the first 48 hours
up to 12 lbs. the first 7 days
up to 7 lbs. more the next 7 days

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IF YOU READ NOTHING ELSE — READ THIS!

What you see on this page is the announcement of the latest breakthrough by medical science in the war against fat. Developed at one of Boston's leading medical schools, the incredible weight-loss results this "crash-burn" program delivers are so astonishing (average loss 57 lbs.) it has been featured in every leading medical journal . . . given headline coverage in the medical-news columns of many major newspapers. Aside from — ABSOLUTE STARVATION — there is no surer, faster, more effective way to slash away pounds and inches than with this Boston medical school discovery.

However, before starting we advise you to consult with your physician to be sure you are in normal health and your only problem is excess weight. Individuals with gout, heart disease, diabetes or pregnant women should not use it at all. As a matter of fact, we insist that you show this entire program to your family physician . . . have him check you regularly to make sure you're not losing too much, too fast . . . and advise when you've lost enough. See if he doesn't agree that the "THERA-SLIM-100" road to Lifetime Slimness, including the recommended progressive daily toneup, isn't by far the most effective approach to the conquest of excess weight ever developed by medical science.

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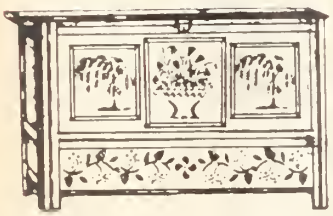

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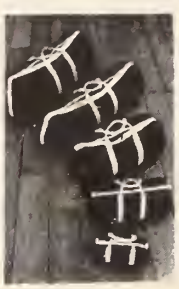

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TRES CHIC

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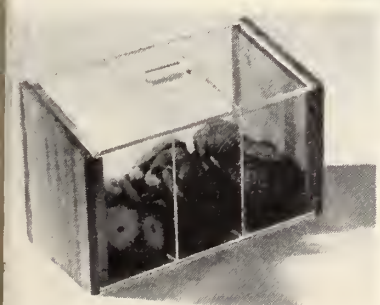

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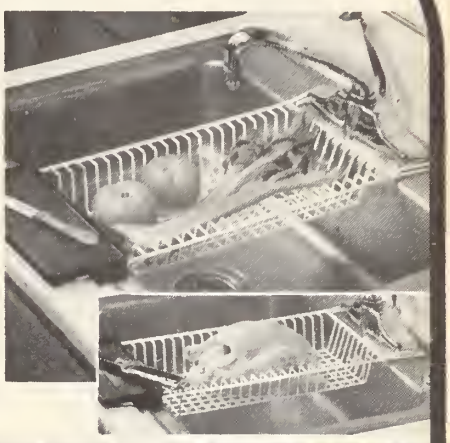

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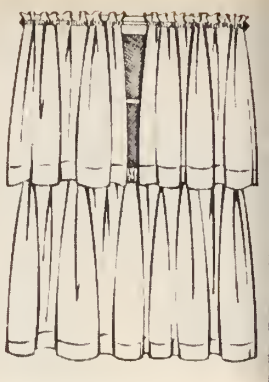

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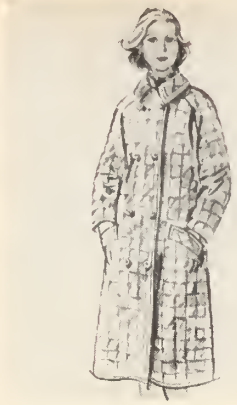

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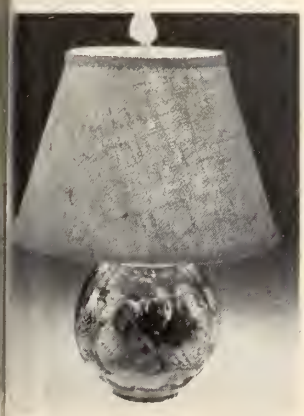

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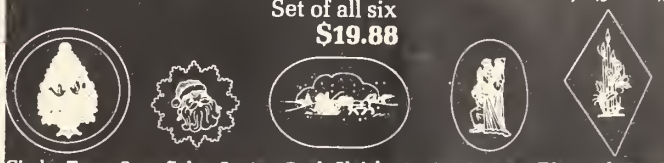

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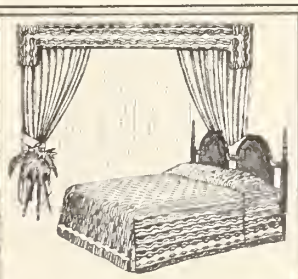

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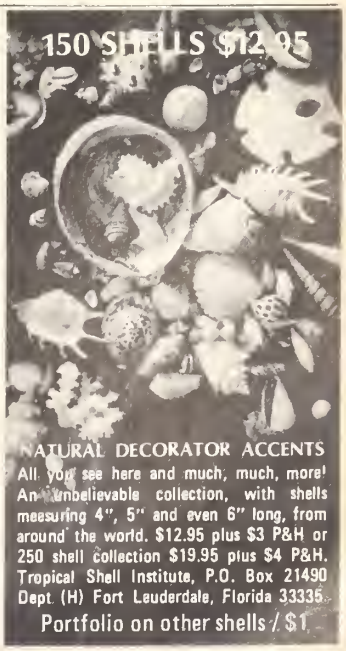

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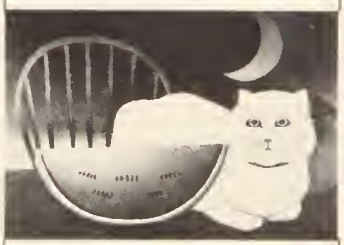
The King-Size Co. 3838 King-Size Bldg Brockton, MA 02402

CAT GRAPHICS



"White Cat & Watermelons", full-color litho by noted artist **Bruce Wallace.** 14x18" image on 16x20" linen-weave stock. White kitty, pink watermelon, green background & table. Suitable for framing. **Ea. print signed by the artist,** only $12.50 p.pd! Conn. res. add tax. Money-back guarantee. Check or money order to:

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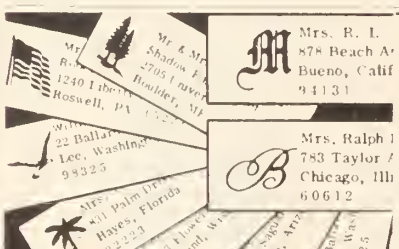

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Any initial in Old English or Script, Pine, U.S. Flag, Gull, Palm, Rose, Saguaro, Any Zodiac Sign, Happy Face or Horse, Roadrunner, Palette, Spruce, Treble Clef. To 20 letters per line, 4 lines. Printed in black ink on 500 white or 250 gold gummed labels. Two sizes . . . 1½" x ½" for $2.50 or Deluxe size 1¾" x ⅝" for $3.50 + 50¢ post. via 1st or 40¢ via 3rd class. Specify design, size and color. Useful 96-P Gift Catalog, 50¢. Bruce Bolind, 211-L Bolind Bldg., Boulder, CO 80302. (Since 1956, thanks to you!)

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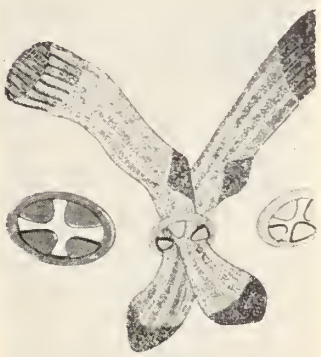

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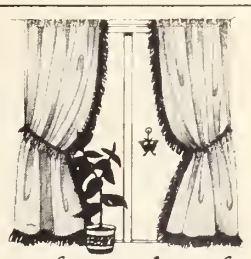

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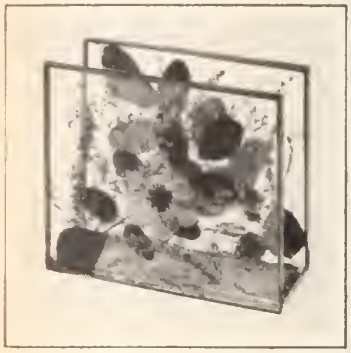

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Send check, money order, or use American Express, Visa or Master Charge, including all numbers and signature.

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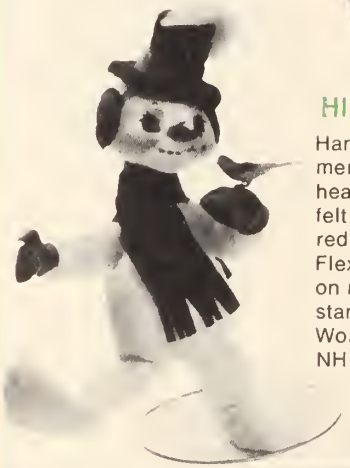

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Handcrafted exclusive creations w merry expressions. Flexible body, head in white. Black felt hat, orang felt nose. Muffler/mittens/earmuffs red, green felt. Bright feathered bir Flexible; 18" $14.; 29" (with boots), on metal stand. $37; 10" (no bird/ stand) $7. Add $1.50 post. Annalee Workshop, HG11, Box 446, Meredit NH 03253.

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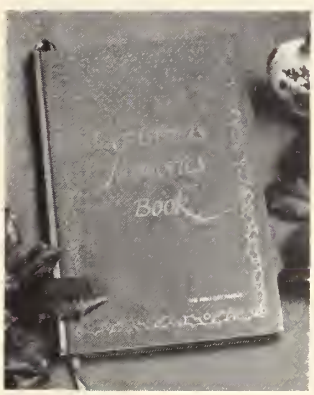

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Old South cast iron design is reproduced in a cast aluminum umbrella stand. 28" high by 15" wide by 7" deep. Choose white or black finish. A distinctive gift for a family. $62.10 ppd. Moultrie Manufacturing Company, HG11, P.O. Drawer 1179, Moultrie, GA 31768.

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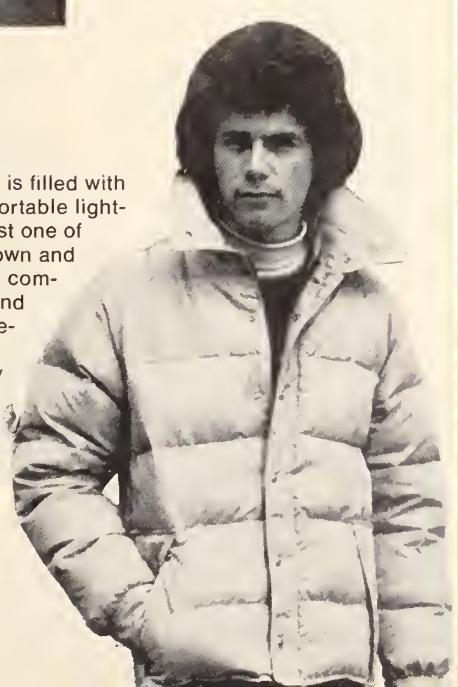

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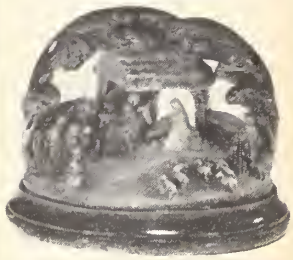

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SHOPPING AROUND FOR SPECIAL CHRISTMAS PRESENTS

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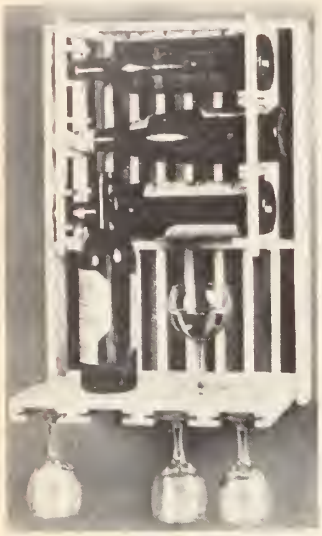

. . . FOR THE PERFECT HOST

Beautifully crafted, sturdy wine rack of natural satiny pine, ideal for storing 3 bottles and 6 large or 9 small glasses. Handsomely decorates your wall and folds flat for storage. 14" wide; 21" high; 9¼" deep.

Makes an elegant gift!

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Your Christmas tree will delight children and grown-ups alike this year and for years to come with these colorful, wooden ornaments. Handmade in Germany, they are double-sided and vary from 3¼" to 4".

ALL SIX for **$8.95** postpaid

2 SETS $16.50 PPD.

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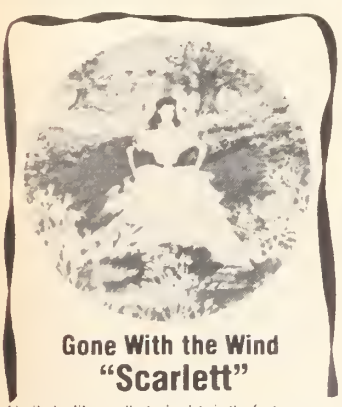

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Limited edition collector's plate is the first issue in a new series based on the classic Metro-Goldwyn-Mayer movie, "Gone With the Wind." Series will depict the chief characters in the MGM production. Colorful plate is fired on famous Knowles china in USA. 8½" dia. Each plate individually numbered and edition limited to 100-day firing period. Limit 2.
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PERSONALIZED PILLOWCASES

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"Christmas Eve"

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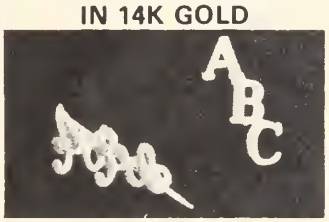

Your choice of two or three initials in 14K yellow gold on a stick pin, pendant with 18" chain, or a collar, lapel or tie tack. Shown actual size. Gift boxed. Satisfaction guaranteed. Beautiful gift for all occasions.

In Block $24.95 In Script $29.95

Add 50¢ postage & handling
Introductory Offer

BUY TWO ITEMS OF YOUR CHOICE, GET 2nd ITEM FOR ½ PRICE.

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They're lovable, durable, & practical. These hand-crafted pine rocking horses are perfect as a child's toy or novel plant stand. 27" high holds up to 150 lbs. Burnt wood finish, carved facial features. $27 post paid. N.J. res. add 5%.

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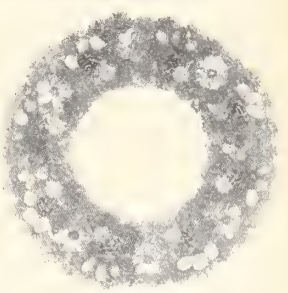

Appalachian Wreaths

Decorate your home this Christmas with wreaths made of pine and hemlock cones, hickory nuts and various seed pods gathered from the Appalachian Mountains. Each is individually wired to a frame. These beautiful circles in muted browns will last for years and make wonderful gifts.

Size	Price
25"	$25.00
18"	$10.00
12"	$ 5.00

Kentucky residents add 5% sales tax. Send check or money order to:

APPALACHIAN FIRESIDE CRAFTS
Dept. 11-78, Box 276
Booneville, Kentucky 41314
(Please add $1.50 per wreath for shipping, packaging and insurance charge.)
Appalachian Craft Catalog—$1.00
"A Save the Children self-help project"

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Add some sunshine to your life with a personalized, sturdy, natural canvas bag, 15" by 14". Web handles. "Sun" design and name that circles bag in black, brown, red, orange, green or blue. Specify name. $14.95 plus $1.25 post. MC/Visa. Gift Mart, HG11, 4315 North Trail, Naples, FL 33940.

An invitation to share with the members of the Rockwell Society of America
"CHRISTMAS DREAM"
by Norman Rockwell. The sole Rockwell Christmas plate to bear the Rockwell Society Seal. Strictly limited edition. Brief firing period to end Dec. 22, 1978. Individually numbered by Knowles China Co. 8½" diameter.

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25.00 PPD

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Sweater $38.00, Monogram $7.50, postage and handling $2. Please give second choice.
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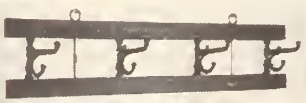

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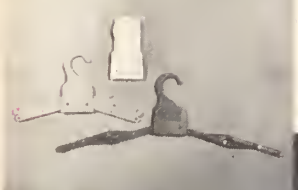

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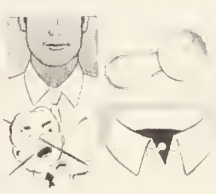

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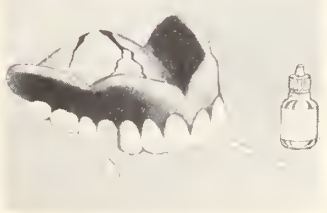

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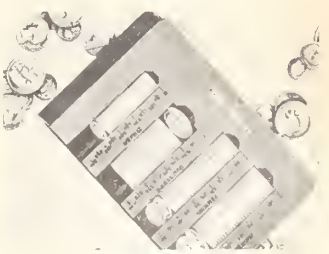

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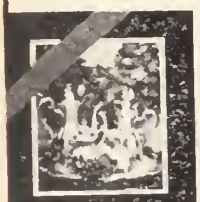

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LITTLE PIPERS

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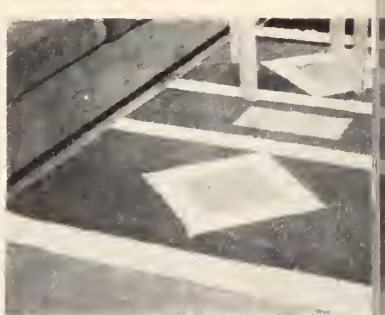
UMBRELLA NEWS

Cheerful umbrella in red bordered with white hearts. Big and sturdy, waterproof, has wooden handle. Length: 36". Width when open: 36". $21 ppd. Have A Heart, HG11, So. Market Building, Faneuil Hall Marketplace, Boston, MA 02109.

HANDWOVEN



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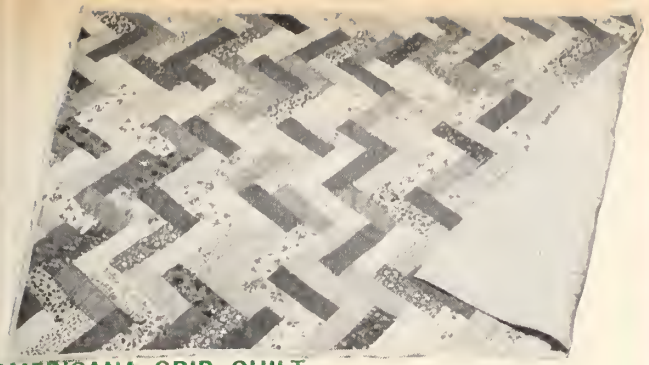

AMERICANA CRIB QUILT

Hand quilted. Vibrant primary colors, solids, plaids. Dacron filled, cotton, cotton blend. 40″ by 56″ $65 ppd. Also, single, double, queen, king sizes. At Faneuil Hall store. By mail (MC, Visa accepted) or call: 215-388-1100, Artisans Cooperative, HG11, Box 216, Chadds Ford, PA 19317.

NOSTALGIC MUSIC BOX

Popular old-fashioned Gramophone with music box brings back happy memories. Disc movement. Handsome mahogany. 10″ by 6½″ by 11″. Five discs included, over 100 others available. $175 plus $3 post. At Faneuil Hall store. By mail (MC, Visa, AE, accepted). La Boite à Musique, Ltd., HG11, Box 55, Techny, IL 60082.

LOVABLE BEAR

Basic brown bear sports amusing brown and white "Bear With Me" T shirt. Polyester fiber fill. Machine washable, dryable. 20″ tall. Light tan. $21.50 plus $1.75 post. The Bear Necessities, HG11, 175M. So. Market Bldg., Faneuil Hall Marketplace, Boston, MA 02109.

MUSIC STAND

Beautifully made solid brass stand. Adjusts for sitting or standing. Sturdy, easy to transport. Highly polished. Resists tarnish. Stands 42″ h. unextended. Can be used to display painting, book. $55 plus $5 shpg. Free brochure brass, nautical specialties. At Faneuil Hall store. By mail: Brass 'n Bounty, HG11, 68 Front St., Marblehead, MA 01945.

SALAD SERVERS NAPKIN RINGS

Handcarved olive wood, animal motifs from Kenya. Specify animal desired: elephant, giraffe, lion, hippo, zebra, rhino, antelope, leopard. Salad server (pair) $7.50. Napkin ring (set of 4) $12.00, plus $1.50 post. & hndl. Send check, money order, MC or VISA (incl. acct. # & expir.) to

African Designs, Inc.
175-J Faneuil Hall Marketplace
Boston, MA 02109
MASS incl. 5% sales tax.

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The collection includes Mrs. Tiggy-Winkle, Tom Kitten and super star Peter Rabbit. The three at $7.50. *($1.50 Shipping and handling.)*

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La Boite a Musique
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Acrylic sweater in navy-green trim on sleeves and neck; green with navy, brown with beige. S-M-L $18.

Corduroy skirt by Cottage Tailor, leather belt, camel or brown, sizes 6-14 $46.

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The Sandpiper

HEART MUGS

German ceramic mugs with white hearts around bottom. 3½″ x 4″ tall. Red, Blue and Brown with white hearts. **$4.25** each, shipping included. Two mugs minimum. Specify color and quantity.

HAVE A HEART

South Market Building
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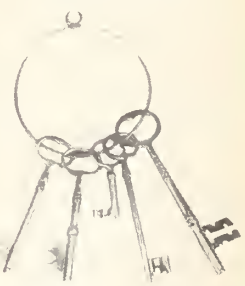
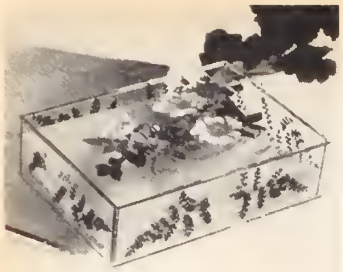
Boston, Mass. 02109

SOLID BRASS JAILOR'S KEYS



Set of 5 keys (3 in. 7 in. long) on brass ring. Attractive display for walls and fireplaces. Keys can be removed from ring and displayed individually. A unique gift for $15.00 plus $1.50 for shipping.

BRASS 'N BOUNTY
68 Front Street,
Marblehead, Mass. 01945
Write for free brochure of brass and nautical specialities.



CACHE IN ON this season's best gift idea—a sparkling all glass box screen printed with pale pink wild roses. Comes filled with notes and envelopes printed to match. When empty it becomes a delightful cache for all sorts of odds and ends. 7" x 5" x 2". A gift almost too pretty to be so practical. $15. +1.50 ins. pstg.

Unicorn Gallery Dept. G11

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½ Price Sale!

24-K. electroplate

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"GOLDEN PALACE"—Heavyweight, equisitely designed with crisp beaded edge that follows graceful curve of the handles. Care-free, no polishing. 50-pc. set: 8 each of hollow handle dinner knives, dinner & salad forks, soups, 16 teaspoons, 1 sugar shell, 1 butter knife

50-pc. service for 8
Comp. value $140.00 ..... **69.98**
- **74-pc. service for 12** **104.98**
- **4 large serving pieces** **16.98**
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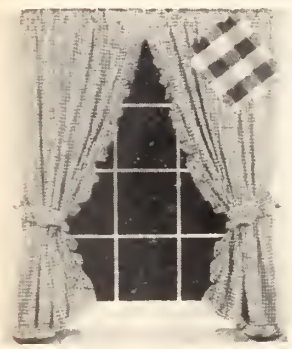
Checks or major charge cards. No C.O.D's. Money-back guarantee. Add $4.95 for shipping, insurance

Goozh OF WASHINGTON Dep't. G-1178
613 14th St., N.W.
Wash., D.C. 20005



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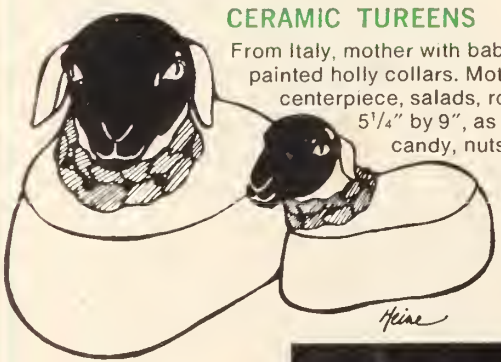
ORIENTAL BEAUTIES

Charming Japanese lady pillows add elegant touch to your décor. Using the art of trapunto, figures are raised above the surface of the 17" square cotton pillows. Trimmed with lace edging about 2" wide. Filled with polyester. Pale gray or pale yellow background. Fully assembled pillows $37 ea.; two for $61. Complete kit, instructions $25. Ppd. International Elegance, HG11, Box 19544, Washington, DC 20036.

CERAMIC TUREENS



From Italy, mother with baby lamb. Hand-painted holly collars. Mother, 17" by 9", for centerpiece, salads, rolls $53. Baby, 5¼" by 9", as sauce boat, for candy, nuts $27. Ppd. Catalogue $1. The Very Thing, HG11, Rt. 3, Box 141-A, Charlottesville, VA 22901.

V.I.P. GIFT

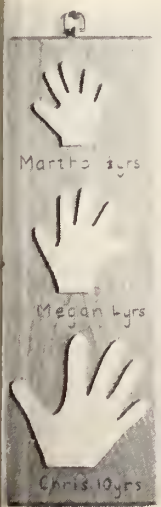
Good looking paperweight gavel in solid acrylic is a perfect piece on his or her desk or book shelf. It comes personalized with full name. Specify classic or script style or block letters etched in clear acrylic. 9" long by 5" wide. Beautifully boxed. $17.50 plus $1 post. Acrylic Designs, Inc., HG11, 2844 Albermarle St., N.W., Washington, DC 20008.

POSH 'N' PLUMP

Polar bear rug of snow white acrylic. Foam filled, it is a marvelous rug for snuggling up, in front of the fire or television. 39″ long. Ideal for child's or family room. Also, available as a brown grizzly bear. Specify. $35. $2.50 post. Unicorn Gallery, HG11, 15111 New Hampshire Ave., Colesville, MD 20904.

FIELD FLOWER PRINT

Calico print on perma press cotton-blend curtains. 2½″ ruffle. Machine washable. Style: Piedmont. Yellow, green on white; or rust, gold on beige. 70″ w. per pair. 36″ l. $8; 45″ $9; 54″ $10; 63″ $11; 72″ $12. Valance $3. Tie-back $1. plus $2 post. Swatches, catalogue $1. Mather's, HG11, 31 E. Main St., Westminster, MD 21157.



HANDPRINT PLAQUE

Ready-to-hang ¾″ stained, solid hardwood plaque with child's "hand," ½″ birch veneer. Handcarved name, age. Plaque 10″ by 8″ one hand, $12.95. Three hands, 24″ by 8″ plaque. Add $7 plus 75¢ post. per hand. (Send outline of hand, name, age.) Mt. Vernon Woodworking, HG11, Box 6252, Alexandria, VA 22306.

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Meet the Draft-Dodger. A sand and insulation-filled calico snake who will slither up against leaky windows and doors to cut out those nasty drafts.

It's an idea we borrowed from the English where draft-dodgers (or draft-sausages as they call them) have been helping fight the cold for years.

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¼" Birch veneer handprint on ¾" solid hardwood plaque, sanded, stained and beautifully finished. Name and age hand-carved. Send outline of child's hand on paper stating name and age.
$12.95—single hand plaque 10"x8"
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Add elegance to any room with the presence of a Japanese lady . . .

using the art of "Trapunto", the oriental figure design is raised above the surface of the 17" square cotton pillow. 100% polyester filling. 2" lace edging. Just right for someone who enjoys lovely accents! Full-assembled pillows $37 ea. or 2 for $61. Complete kit with instructions $25 ppd. Background colors: pale grey or pale yellow, state preference. 3-4 weeks delivery—Christmas delivery guaranteed.

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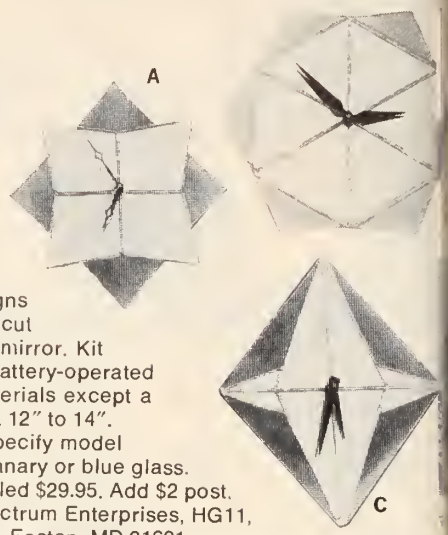
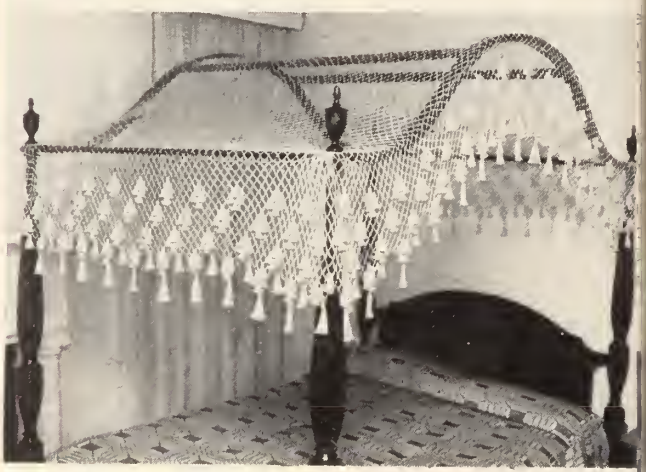


TIMELY GIFT

Tiffany clock designs to create from pre-cut stained glass and mirror. Kit has instructions, battery-operated movement, all materials except a soldering iron. Dia. 12" to 14". Prompt service. Specify model a, b or c; green, canary or blue glass. Kit $19.95; assembled $29.95. Add $2 post. Brochure 25¢. Spectrum Enterprises, HG11, 506 Hazelwood Dr., Easton, MD 21601.



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Delicate design by Margaret Winston. Available in natural or white cotton thread. To order, send the length and width of canopy frame; if curved, send measurement along curve. Hand-washable in warm or cold water. Twin or double $140; queen $160; king $190. Add $3 post. Catalogue 50¢. Laura Copenhaver Industries, HG11, Box 149, Marion, VA 24354.

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A totally different confection. Crisp, crunchy center covered with finest chocolate (specify milk or bittersweet) formed into lacy wafer-thin pattern. Break it over ice cream, use on cakes or in cookies. Box 14 oz. $8.50; two $15. Ppd. Crumpets of Georgetown, Dept. L, 1237 Wisconsin Ave., Washington, DC 20007.

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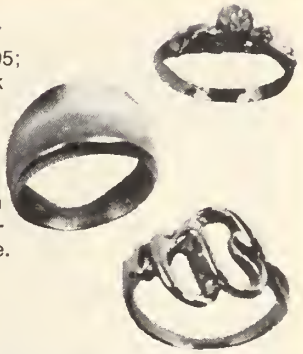

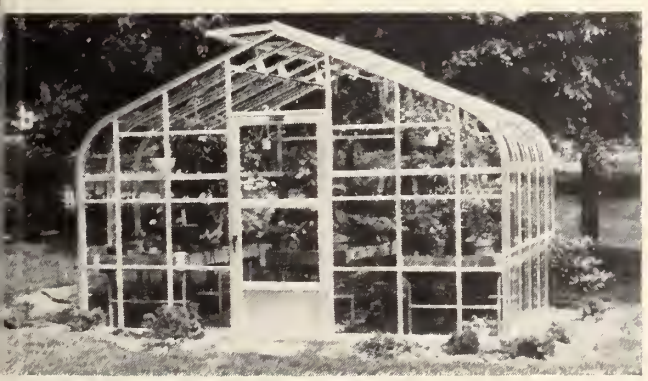

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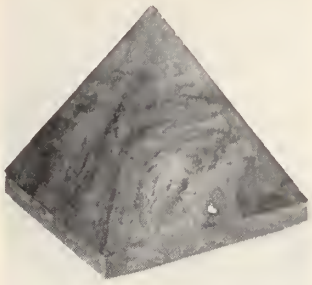

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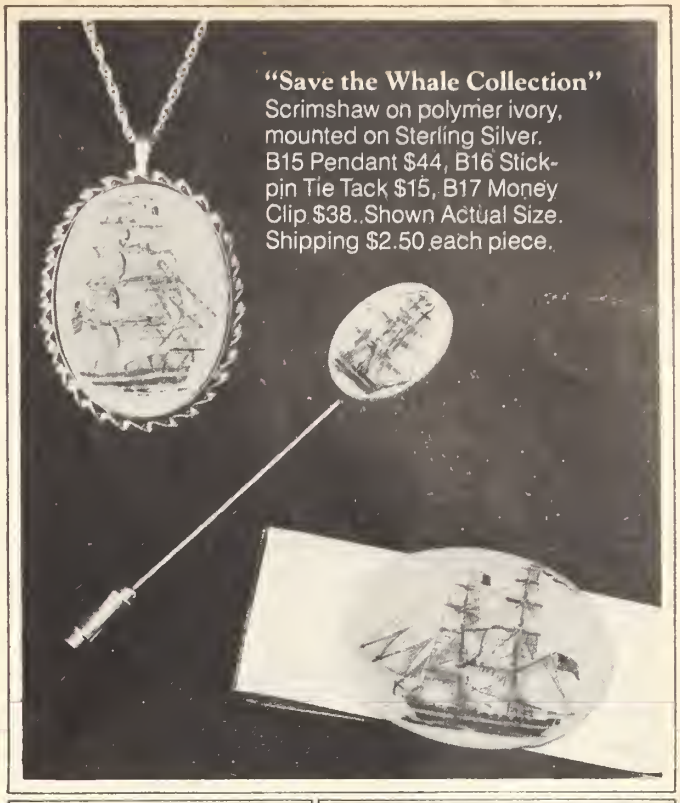

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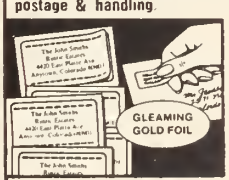

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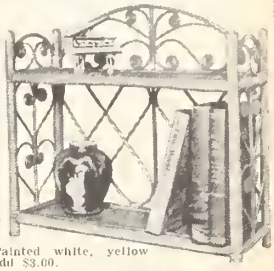

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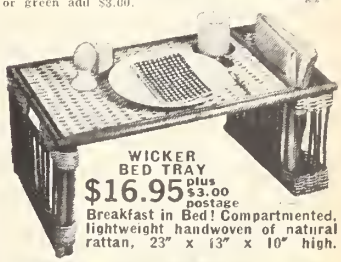

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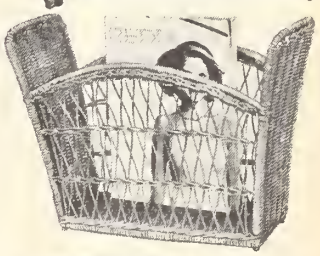

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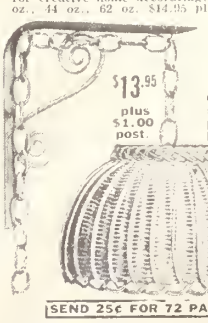

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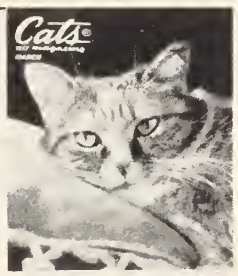

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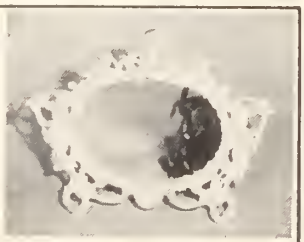

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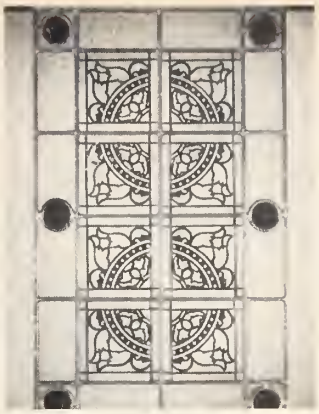

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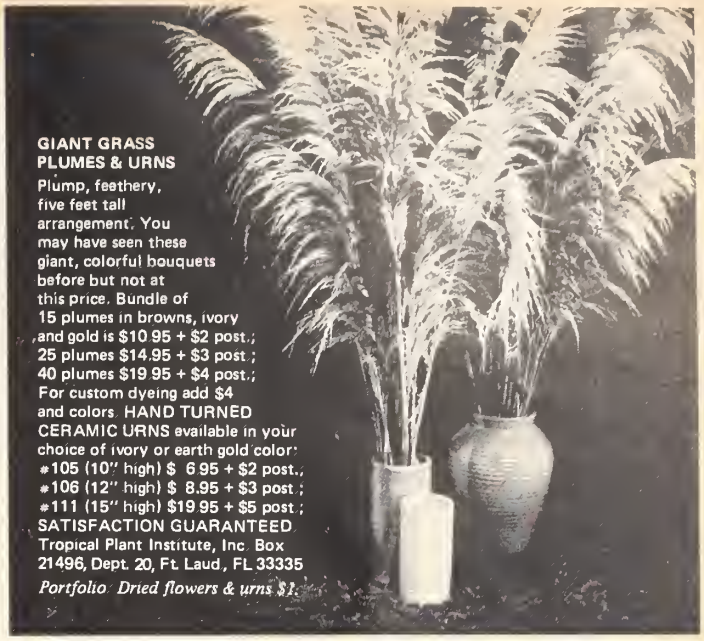

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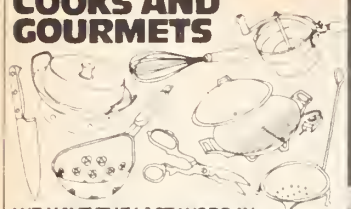

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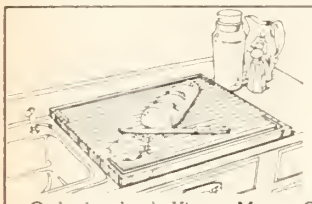

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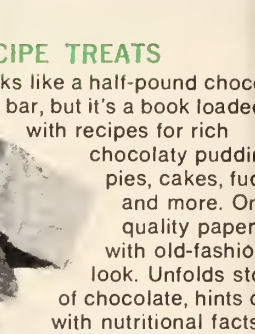

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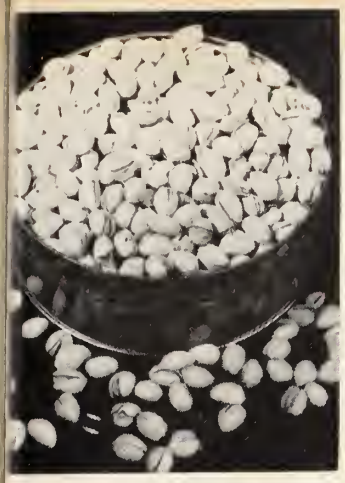

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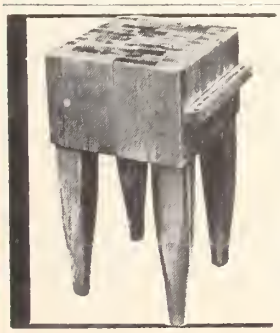

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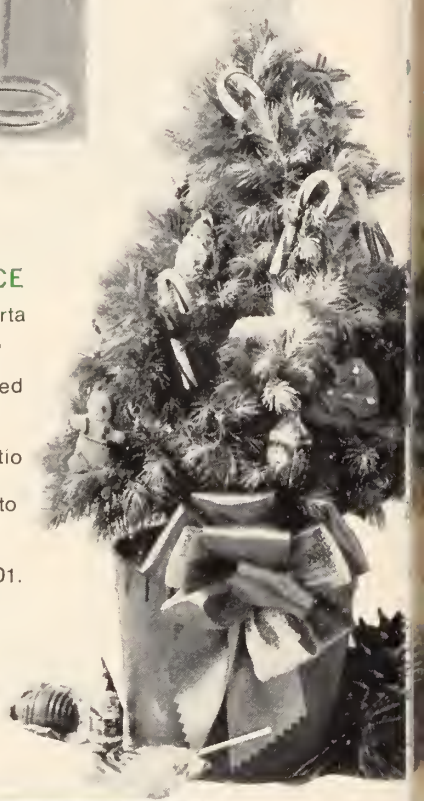
Enchanting centerpiece: graceful cylinder vases for flowers and candles. Group several together or use individual ones for small tables or in front of each place setting. Single vase-holder, about 6" h. $3; double vase-holder, about 8" h $3.50. Add $1.50 post. Grassroots, HG11, R.D. #3, Box 38, Rhinebeck, NY 12572.



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Wildflower honey from select hives. Handpacked in 12 oz. Eye Winker jar of satin glass. Beeswax sealed. 16 oz. jar for refills. Hand turned honey dipper. 100 page catalogue. All $19.95 ppd. (catalogue only $3). Carl Forslund, HG11, Pearl St. at the River, Grand Rapids, MI 49503.

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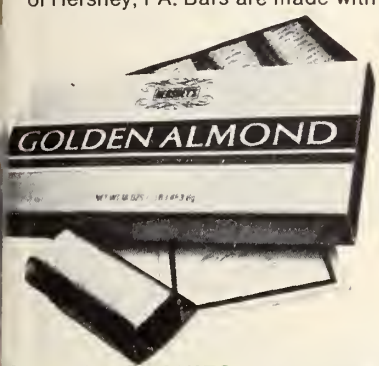
For the first time, Golden Almond Milk Chocolate is sold outside of Hershey, PA. Bars are made with equal parts of toasted whole almonds covered with milk chocolate. Elegantly wrapped in custom design gold foil. One lb. box $5.95; two $9.95. All milk chocolate bars, 5 lbs. box $24.95; 10 lbs. box $39.95. Ppd. MC, Visa accepted. H.C. Dist. Co., HG11, Box 782, Reading, PA 19602.



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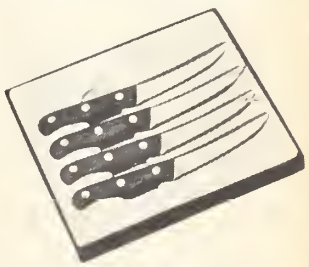

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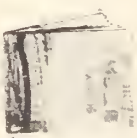

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$11.00 each post paid.

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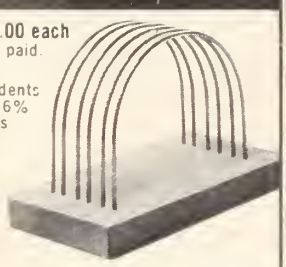

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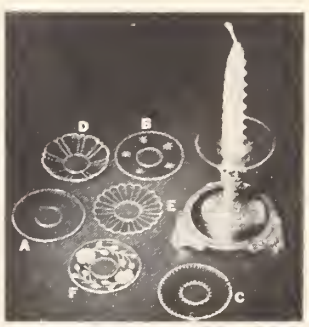

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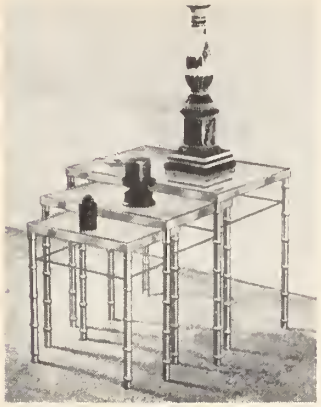

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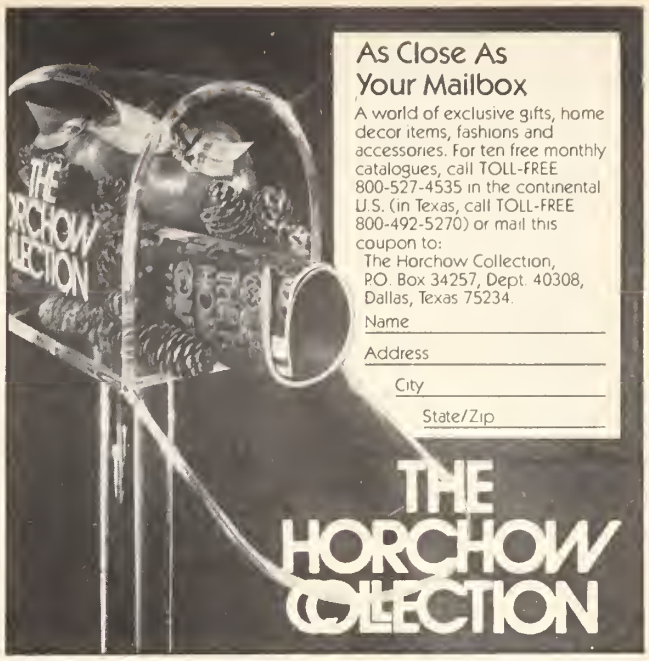

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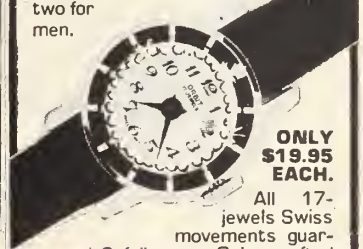

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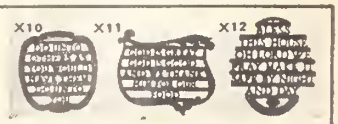

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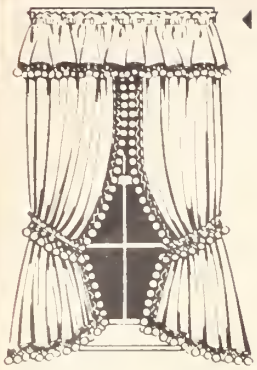

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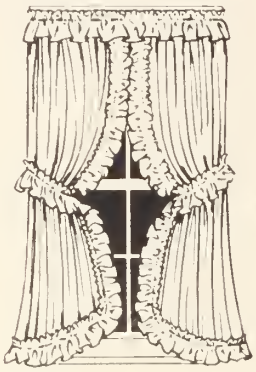

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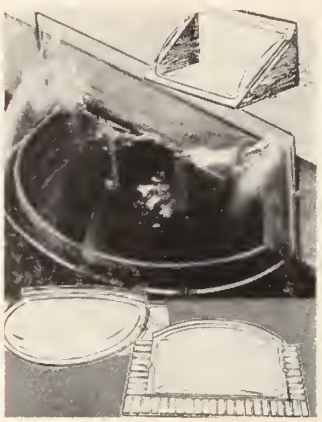

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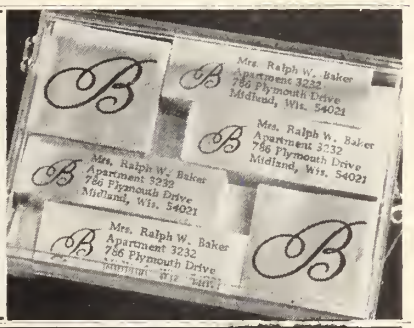

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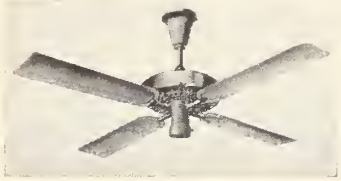

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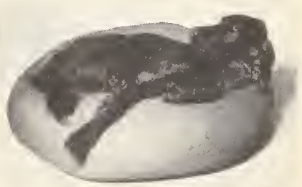

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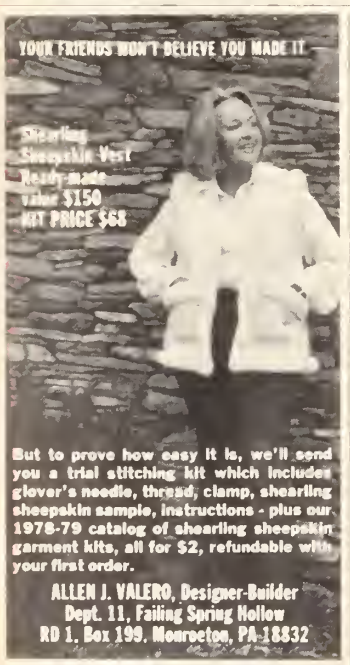

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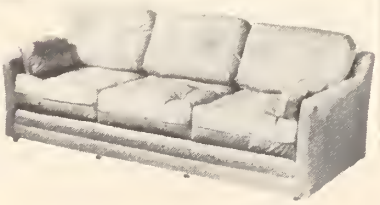

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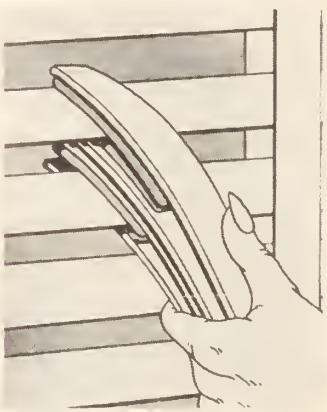

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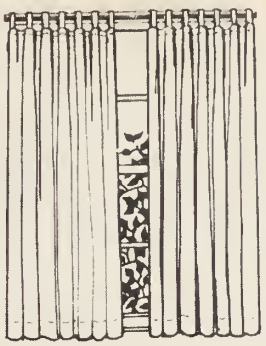

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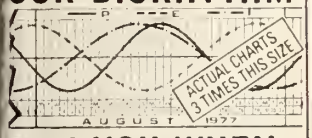

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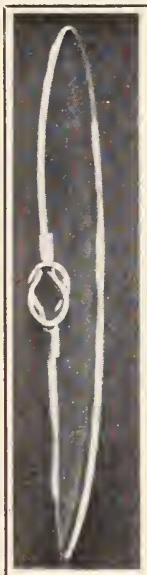

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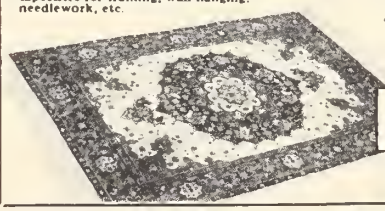

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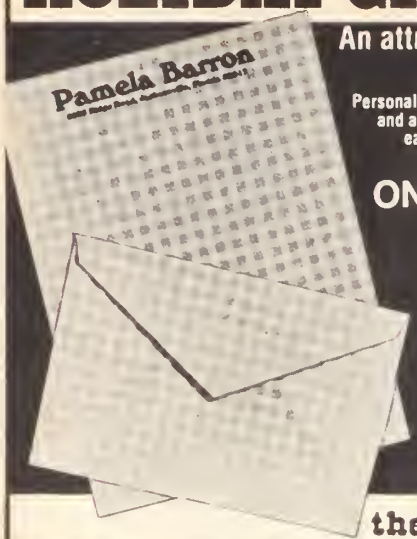

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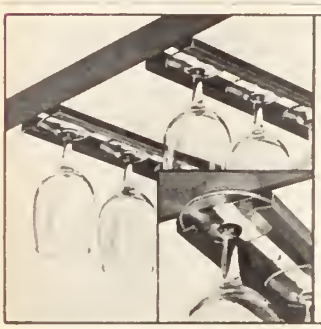

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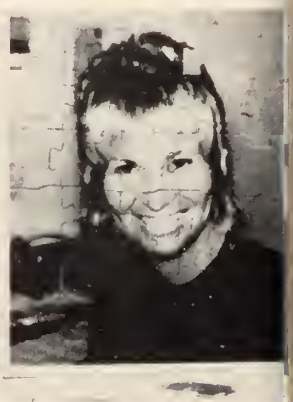

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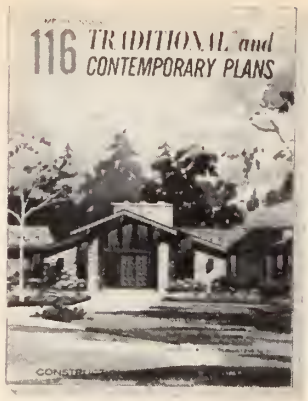

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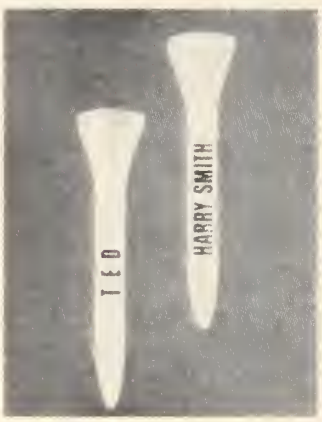

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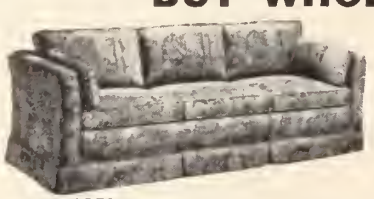

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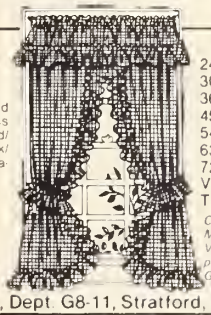

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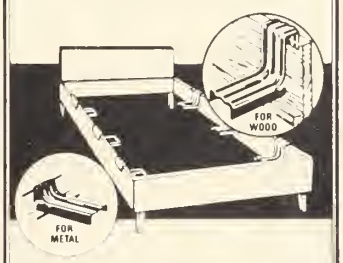

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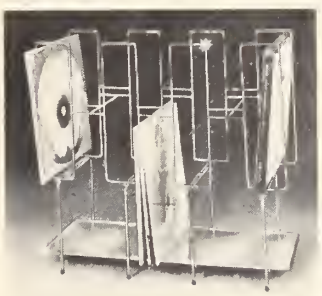

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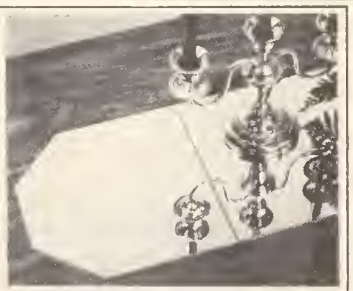

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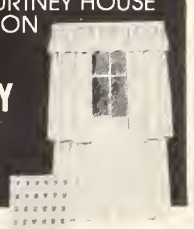

Basketweave design, eggshell color, fine blend of 65% Dacron and 35% cotton; rod pocket tier, 80 x 24, 80 x 30, 80 x 36, 80 x 45, all sizes, $6.00.
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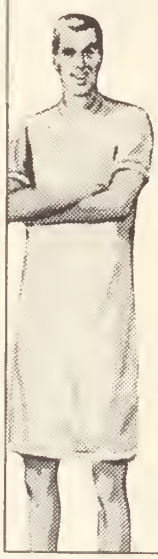

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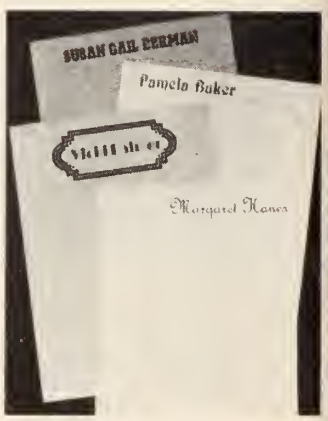

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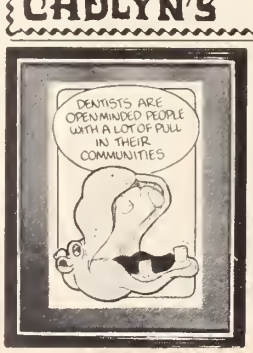

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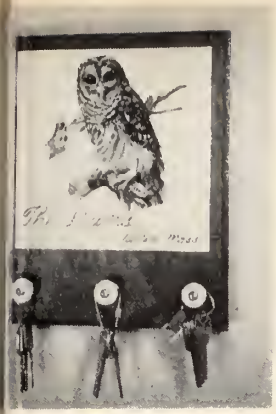

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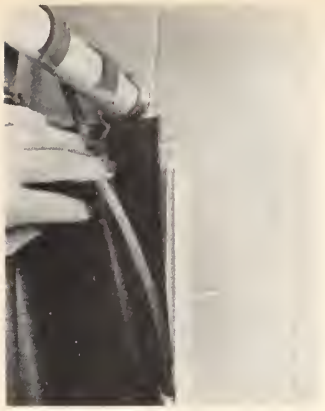

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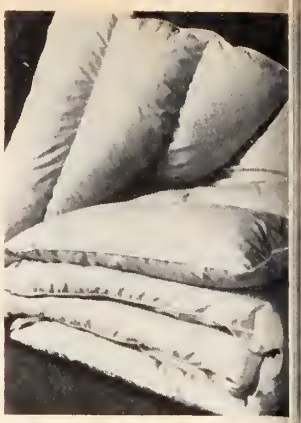

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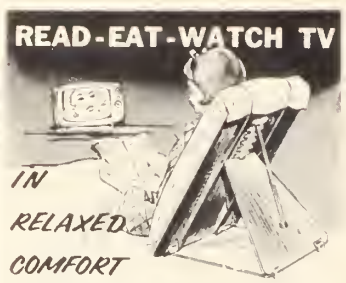

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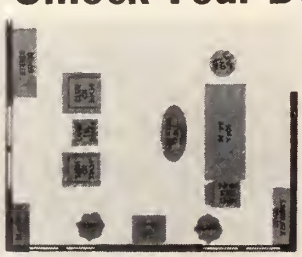

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November 1978

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Building data

continued from page 232

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Lighting fixtures: In living room, revolving "eyeball" ceiling fixtures and spotlight fixtures. In kitchen, recessed cylindrical ceiling fixtures.
Interior paints: All white paint.
Fireplace: Steel prefabricated unit by Heatilator Div., Vega Industries, Inc.
Hardware: Plexiglass hardware by The Ironmonger.
Kitchen cabinets: Metal wall cabinets by Amco Co. in white finish, base wood cabinets faced in white and beige Textolite plastic laminates by General Electric Co.
Bathroom cabinets: Custom made, faced in Textolite brown plastic laminate by General Electric Co.
Countertops: In kitchen, butcher block and beige Textolite plastic laminate; in bathroom, brown Textolite plastic laminate by General Electric Co.
Plumbing fixtures: American Standard, Inc.

MECHANICAL EQUIPMENT AND APPLIANCES

Appliances: Range with four gas burners and oven by Roper Sales Corp.; countertop grille by Jenn-Air Corp.; KitchenAid undercounter dishwasher by The Hobart Corp.; refrigerator-freezer, laundry washer and dryer by General Electric Co.; bathroom ventilating fans by NuTone Div., Scovill Mfg. Co.; central vacuum cleaning system by Pullman Co.
Water heater: "Standard" model by Rheem Mfg. Co.
Electric water pump: Flint & Welling Co.
Circuit breaker: Square D Co.
Heating and cooling system: Forced warm air heating-cooling system by York Div., Borg Warner Co. Controls: Thermostat by Honeywell, humidity control by Herrmidifier Co., Inc.

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Manners

continued from page 185

apologized profusely for not answering or acknowledging her letter. I received another letter from her a day later, telling me that no answer had been expected, that the treat, for her, had been in reading what I had written. *This* is manners, above and beyond. It exemplifies the purpose of good manners: to make other people feel good. This is social generosity.

Contrast that with the experience another writer I know had recently when she called an editor for an interview about a writer she was doing an article on for a magazine.

"Would you see me for a few minutes?" She asked.

"No." He said. "I don't want to. I just don't want to talk to you." and he hung up the phone. She said she would have felt so much better if he had lied, said he was going out of town, anything. It's this abruptness, plain bad manners, which I'm certain he considers simple directness, which is rampant now. Excuses are always preferable—even when you know it's an excuse. Deliberate unmannerliness is reverse snobbism at its worst. And it's extremely pretentious. As is the whole school of deflation which, when you have fussed over a party, comes up with lines like "Who are you trying to impress?" or, "Aren't you getting fancy!"

This deflation routine is also rampant in love relationships, or, rather, what should be love relationships. Manners should not stop when you fall in love; closeness does not mean that one does not edit one's behavior. Openness is no excuse for being rotten. A little delicacy would probably lower the divorce rate a lot faster than heavier communication. It seems to me that certain kinds of privacy, a stylish elegance of approach, creates the mystery which keeps allure alive. I don't think you can say exactly what you think, be "brutally honest" and fall blissfully into each other's arms. I think passion erodes under the tension.

Honesty is often an excuse for unmannerly complaint; "I think you're putting on weight" or "You did that all wrong again." Unmannerly confrontation usually creates, if not hostility, guilt. In every room in every house where people are living with people they presumably love, there should be a sign, "Manners means never giving guilt." Never mind the newthink which has it that "You don't have to accept the guilt." It is a feeling and feelings are powerful and cannot simply be dismissed or put away like itchy sweaters.

There is a certain line to behavior, to misbehavior, in fact, that has to be there, like the line an unconstructed jacket has when it's made by a great designer. And that is manners. It's okay to be fresh in a positive way. Any man who is rattled if a woman makes the call for the first date is simply too stuffy to deal with. But, on the other hand, it is rude to rebuff a man who has been conditioned to courtliness if he takes your arm when you cross the street (or opens that door). Men are truly baffled now by relationships. They have been raised with a certain etiquette and they have no powerful political movement to help them unlearn it. It is not going to kill you to accept the way he is used to doing things. Relationships should not begin with political position papers. To know that understanding takes time is essential to good manners. If he insists on taking the check, and you insist on independence, send him flowers.

In every area of social interaction there are the formal rules, and they can always be broken—with charm. But not with hostility or defiance. You can drop in on people without calling—to drop off a bunch of flowers (ostensibly—when you really want just to talk but feel you need an excuse). You can call up someone you wanted to entertain, but you haven't got the energy and, on the spur of the moment say, "Let's go out to dinner." You can have people for dinner and serve a wonderful breakfast of omelettes or French toast. You can have people arrive at your house and say, "The kitchen blew up. Let's all go out." Instinct will tell you whether to take the check. If everyone decides to split it, it is the complete pits of rudeness to argue over "who had the...". Good manners frequently cost a little more money than bad manners. And are worth it.

Manners—I sometimes think I would have perfect manners myself if I had a little Empire desk and all varieties of silky stationery in pigeonholes. I would wear my velvet negligee, answer my mail as it comes in, and write notes promptly to every writer whose work I love just as I finish the book. I would send off bright, witty thank you's to people who have had me for dinner. I would remember to send clippings of things I'd liked to people who might particularly enjoy them (even if I *don't* owe them a letter). And I would send a love letter without expecting to get one back (and I would not sulk if I didn't). I would write out the invitations for the dinner party I said I was giving and....

I would...I would. What about: Now I am going to write *one* letter. And not put it away to rewrite when I think of a better way to say it. If it is the thought that counts, how is anyone to know I have had the thought if I do not send the letter? And manners, again, begin and end with thoughtfulness. With the attempt to express consideration and love the best way one knows how. And, that's right, one doesn't do it for "Me," one does it for "You." And what could be better for me than to please you?

MANUSCRIPTS

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Auto suggestions
continued from page 134

successful Seville, the smallest car Cadillac has ever made, has given encouragement for this new breed of car. The Buick Riviera, Oldsmobile Toronado, and Cadillac Eldorado coupes, all built on the same chassis, are in this category. Last year, they were some of the largest cars in the world; this year they're almost 2 feet shorter and 1,000 pounds lighter. Four-wheel disc brakes are now standard along with a fuel-injected engine and automatic load leveler suspension. Ever since Rolls Royce pioneered the luxury car look years ago, American stylists continue to use upright grilles, "formal" rooflines, and crisp, hard-edged fenders to denote elegance. Indeed, these new intermediates have the "big car" look that partially masks their size.

Full-size

Last year saw the first down-sized sedans a foot shorter and 800 pounds lighter produced by General Motors. At the time, this was considered a daring experiment to see whether Americans would settle for smaller vehicles. Well, the down-sized Chevrolet Caprice was the best-selling car of 1977. So now the other companies are down-sizing *their* sedans for 1979. Chrysler's New Yorker and Dodge's St. Regis weigh around 3,700 pounds, like the Caprice, and run 220 inches long on a 118-inch wheelbase. These and the new Ford LTD/Mercury Marquis all have aerodynamic grilles, wheels, rear-view mirrors and windshields that are designed to save any little bit of wind resistance possible, in an attempt to achieve every last mile per gallon.

Trucks

Light-duty pickup trucks and vans now account for one out of every three passenger vehicles sold in America. Until 1979, trucks have had to meet very few of the emissions and safety regulations applied to cars. This loophole has now been closed. Trucks will be getting smaller, lighter, and more aerodynamic over the next six years, just like cars. So 1979 is a transition year for trucks, as well. Chrysler has introduced a handsome, new mini-pickup truck, the Dodge D-50 and Plymouth Arrow Pickup, with a powerful 2.6-liter engine, 5-speed transmission, disc brakes, and a wealth of other options. In a few years, this is what all light trucks will look like—small, sleek, and aerodynamic.

Today's popular four-wheel-drive vehicles are living on borrowed time. The Federal energy policy requires the average off-road vehicle to be the size of today's mini-pickups, with a small four- or six-cylinder engine. Chevrolet has introduced the first production four-wheel-drive mini for 1979, the LUV 4 x 4. In the world of trucks, it's the most prophetic vehicle of 1979, the sort one out of three Americans will probably be driving as we head into the 80s. ■

Pumpkin patch
continued from page 126

METHOD

☐ Combine all the ingredients except the nuts in a bowl. Pour into a buttered baking dish and sprinkle with the nuts. Place the dish in a pan and pour in boiling water to come at least halfway up the side of the dish. Bake in a preheated 350° oven for 1 hour, or until the custard is just barely set. Serve warm or chilled.

Pumpkin turnovers

INGREDIENTS FOR PASTRY

2 cups flour
¼ cup sugar
1 teaspoon baking powder
½ teaspoon salt
7 tablespoons unsalted butter, chilled and cut into tiny bits
2 tablespoons lard, chilled
1 egg yolk blended with ¼ cup ice water (save the white for glaze)

INGREDIENTS FOR FILLING AND GLAZE

1¼ cups pumpkin purée
⅓ cup prepared mincemeat, drained
⅓ cup brown sugar
1 tablespoon dark rum
Reserved egg white
1 teaspoon water
1 heaping tablespoon sugar

METHOD

☐ Sift the flour, sugar, baking powder, and salt together into a bowl. Cut in the butter and shortening with a pastry blender or your fingertips until tiny, even particles are formed. Sprinkle in the yolk-ice water mixture a tablespoon at a time, tossing with a fork to incorporate into the dry ingredients. Press the dough together into a rough rectangle, wrap it in plastic, and refrigerate for at least 1 hour.

☐ While the dough is chilling, turn the pumpkin into a cheesecloth-lined sieve and let it drain ½ hour or longer. Combine with the mincemeat, brown sugar, and dark rum in a bowl. Mix well.

☐ Cut pastry in half and refrigerate one part. Roll other half out on a well-floured board until very thin, flouring pin frequently. Quickly cut into 4-inch circles (use a small pot top), re-rolling and re-cutting dough until you have 8 circles.

☐ Place one tablespoon of the pumpkin filling on a dough circle on one side, to come about ¾-inch from the edge. Moisten the whole rim with water, fold over the pastry and gently press it closed. Seal with the tines of a fork. Place pastry on a large baking sheet covered with aluminum foil. Repeat until the 8 rounds are filled. Refrigerate. Roll and fill remaining dough and place turnovers on the sheet.

☐ Beat the egg white with a teaspoon of water until it is slightly frothy. Brush the top of each turnover sparingly with the glaze and sprinkle lightly with the sugar. Bake in a preheated 400° oven for 20-25 minutes or until turnovers are golden. Cool on a rack. Makes 16. ■

Hostess notes
continued from page 112

sent to you. When sending over 20 Mailgrams, call a Certified Western Union Mailgram Processing Center. There is one in most major cities in the United States. It's a savings to work with the Processing Center on bulk orders, because they send your order through computers and that speeds up the job. Place orders by 5 P.M. for next day delivery.

The personal touch

Some of the most festive invitations are those designed and made by hand. "Making your own invitations inspires the host and hostess as well as the guest," House & Garden's Contributing Editor, Dee Hardie acknowledges: "It may take time, but its having fun before you get there." Some easy suggestions: Glue a piece of pretty fabric to the outside of a plain note card, trim edges and write on the inside; spruce up any card by gluing a piece of striped ribbon on the diagonal across one corner; customize an envelope with a bold racing stripe from a marking pen; print invitation details on the frame of an inexpensive fan. Keep an eye out for postal cards in museum shops and while traveling to use for invitations and reminder cards. Don't forget 5&10¢ and art-supply stores—they're make-it-yourself treasure chests: Luggage tags, doilies, gold seals, anything that's fun or supports the theme of your party.

Get to the point of the party

When a party has a good theme, everything from invitations to entertainment will have a direction. Honor a friend, celebrate an occasion, or organize a party to coincide with the opening of a nearby show or event. Murray Douglas, vice-president of Brunschwig & Fils fabrics, recently sent friends little gingham printed cards inviting them to come for a picnic at her country house. When guests called to accept, she mentioned that it was the day of the Shaker Festival which was close by and hoped everyone would stop there before or after lunch. For a dinner party before the preview of a museum show, you might send a poster by one of the show's artists with the invitation written on the back. Write your invitation for a bridge party on an oversized playing card. Designer John Saladino once sent blueprints including party details, inviting friends to celebrate his newly designed space. A birthday celebration invitation is easily written on an inflated balloon with felt marking pen, then deflate and mail. Or, as one clever hostess did for her husband's birthday, send a conventional birth announcement and fill in the empty spaces with all the information about the big birthday baby—born January 1, 1945, weight: 170 pounds, 6 feet tall! On the flip side write your invitation. Susan Kaiser Vogel, an artist in California, sent along with her invitation a card that said "What's up now?" and a small white origami-wrapped package of royal blue powder. When guests arrived, they discovered that what's up was the artist's latest creation—a brick wall painted, what else, royal blue! ■

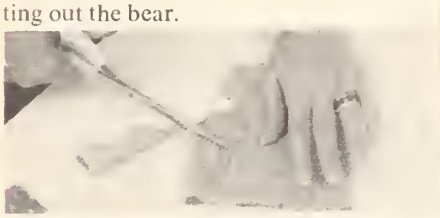
HOW TO MAKE THE GOOD NEWS BEARS

The calico bears on page 198 are as easy to make as they are to love. One yard of 36-inch calico makes about 15 bears, but if you want many different-colored bears, buy calico in smaller lengths—the more variety, the more colorful your party.

1. Using the model below, trace bears on calico. Note: Dotted line is stitching line.

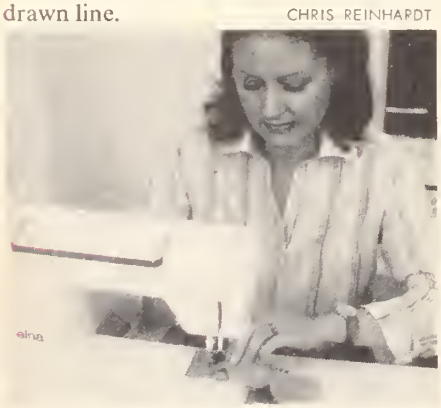
2. Fold a piece of calico in half, wrong side out, and trace bear.

3. Cut the folded calico in a rectangle around the tracing line, about 4 by 6 inches, to make a workable piece for cutting out the bear.

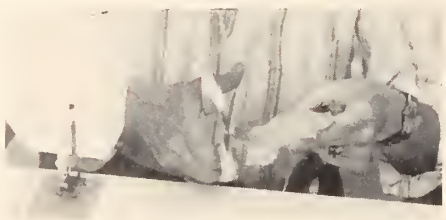


4. Cut out the bear shape, leaving a quarter-inch seam allowance around the drawn line.

CHRIS REINHARDT



5. Sew the two cutouts together, wrong sides out, with a fine stitch (here, Mrs. Kennedy uses an Elna air electronic sewing machine). Leave an opening on one side under the arm and extending halfway down the bear's leg, for turning and stuffing.



6. With the bear still wrong side out, trim and clip seam allowanee.

7. Turn the bear right side out and stuff with Dacron fiberfill (available at sewing and variety stores). Stuff bears fat in the head and tummy, more loosely at joints, to make them cuddly and flexible. Sew up the seam by hand with thread to match fabric, and tie a quarter-inch grosgrain ribbon around bear's neck. Red or white tissue paper—or a layer of each—makes pretty wrapping for these soft favors.

Pattern for the

GOOD NEWS BEARS

(actual size)

How to fall in love with your house all over again.

Make new use of old space. Like converting a garage into a family room. An attic into a music room. Or even a potting shed into a party kitchen. You'll find yourself in love with your house all over again. And it's even better the second time around!

"I felt so sorry for this house, I had to do something for it. I did. Now its' younger and so am I. Never an architectural gem, my 100 year old house was solid as a rock. Now that it's transformed, it has an unexpected charm. With its new gray-painted aluminum siding, white trim and black shutters, it makes up in sparkle what it lacks in style. Inside, a new wing with a half kitchen, half dining room was added and paved with wall to wall brick-patterned white vinyl to complete the effect." *Ray Kohn*

"Before remodeling, we had a typical, pleasant but tiny three-room house. We discovered that even a small house can have a surprising amount of space tucked away. First, the ceiling came off and beams were added. We gained a lot of "psychological space" that way. The back wall was moved 5 feet to make a dining area. The bedroom got new windows and, by moving a closet door from the side to the front, it became twice as easy to get at. An attic stairway was changed to let-down stairs, and the kitchen gained two closets. New cabinets and a little rearranging finished the job. Now it seems as if we have a big house." *Mrs. Miki Denhof*

"An architect convinced us that we couldn't afford the house we wanted, and he suggested we get a small house on a piece of land we loved, and add on from there. It was good advice. The house grows along with our needs, and each addition, like all good things, is worth waiting for." *Mrs. Judy Natkin*

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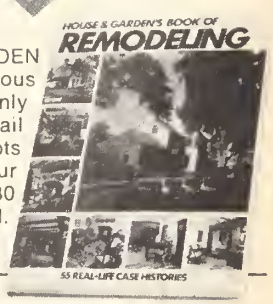

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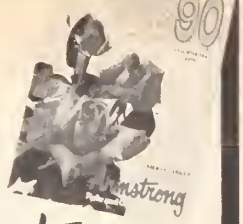

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GARDENER'S NOTES

By James Fanning

The 1979 All-America Roses

Plus easy-to-order, top-quality house plants, the return of the Japanese beetle, a gadget that talks for plants

Coming up roses

Now is the time to get a flying start for next year's flowering season. Planted now, roses will get rooted in before the heavy frosts and be ready to start growing with the first sunshiny days of spring. At the top of everybody's list of roses to grow next year will be the three All-America Rose Selections for 1979. These are *Friendship*, a coral-pink hybrid tea with long stems on a husky bush; *Sundowner*, an orange-flowered, strong-growing grandiflora, and *Paradise*, a hybrid tea with huge flowers in a dazzling combination of bright pink and silvery lavender. Look for these, and AARS winners of previous years, at your local nursery, or order by mail from Jackson and Perkins, Medford, Ore. 97501, or from Star Roses, West Grove, Pa. 19390. The J & P catalogue is free, Star Roses asks $1 for its. Incidentally, if you're hilling up your roses for winter, use chunks of sod, rather than plain soil. Sod lets in air, which the plants need, and does not pack down or wash away with heavy rains.

***Friendship* is an extremely hardy, fragrant, hybrid tea rose with glowing coral pink coloring.**

Return of the beetles

In places where it was a serious pest 20 years or so ago, the Japanese beetle has been unknown for some time, but is now making a comeback. This is because the milky spore disease that eliminated the beetles did its work too well—once the pests were gone it had nothing to live on and so, in its turn, disappeared. So all we have to do to stem the tide of the new beetle invasion is to renew the disease. Spores are available as a powder to sprinkle on lawns—where the beetle grubs feed—and will not only stop the grubs' chewing on grass roots, but will prevent the voraeious adults from ever emerging. Any time when the ground is not frozen is right for an application of the powder, which may take several months to make its effect felt. Milky spore powder is prepared by Reuter Laboratories, 2405 James Madison Highway, Haymarket, Va. 22069. It's a good idea to consult your county agent, though—he may have some to distribute as a public service.

60 fine house plants

The American Horticultural Society is setting up a program to bring top quality house plants into American living rooms. Too many of us, in the past, have been frustrated by the general unavailability of many desirable plants that we read about or see in flower shows. To help correct this situation, noted horticulturist Dr. Gilbert Daniels has assembled a list of some 60 fine plants and has found growers who are prepared to supply them in sizes big enough to give an immediate effect. Best of all, the plants will be delivered—except during the coldest part of the winter, of course—directly to the buyer. Dr. Daniels has insisted on accurate labeling—which florists tend to ignore—and on giving growing instructions with every plant. Full information may be had from The American Horticultural Society, Mount Vernon, Va. 22121, or by toll-free telephone from 800-523-7600 (in Pennsylvania 1-800-662-5180).

Making plants talk

Do plants purr when they're happy? Well, not exactly, but the Plant Communicator speaks for them, giving out a tired clicking sound when they're thirsty and a more energetic buzz when moisture is adequate. Actually, the Communicator is an electronic gadget that operates according to the electrical conductivity of the soil in a pot or outdoor flower bed. The more moisture, the bet-

ter the conductivity, so the stronger the buzz. Soil acidity is also a factor in the electrical process, so the sound may be interpreted as an indication of pH as well as of moisture. Each Plant Communicator comes with a table to help in the interpretation of the sounds—with a little experience you can tell a great deal about the condition of pot or garden soil. The Plant Communicator is manufactured by the Agronic Corporation of America, Bellevue, Wash., and is priced at about $9.95 in hardware and garden shops. Plant in the picture, incidentally, is *Ardisia crenulata*, a houseplant with glossy evergreen leaves and clusters of bright red berries that last for months on end. Plants are available by mail from Logee's Greenhouses, 55 North St., Danielson, Conn. 06239, whose catalogue is $2.

Plant Communicator buzzes to indicate moisture and acidity in garden or flower pot.

Gardener's stocking stuffer

For the gardener interested in odd and unusual plants, or one who simply likes pictures of beautiful flowers, a fine Christmas stocking gift would be a copy of *Popular Exotic Cacti in Color*, by Edgar and Brian Lamb (Collier Books, $6.95 in paperback). Actually, not all of the plants in the book are cacti, but most of them are unfamiliar, all are interesting, and all beautifully photographed in color. An even 100 plants are included, and the Lambs give accurate botanical descriptions, as well as growing instructions and even the correct pronunciation of each.

Burgeoning books

We're all familiar with Ortho products —a highly dependable line of pesticides and fertilizers. What comes as a surprise, though, is the walloping success of the new Ortho line of books. It began in 1973, with publication of a book on how to grow vegetables, and has expanded to include 20 titles, four of them new for 1978. Each is devoted to some phase of gardening, each is as thoroughly researched as the Ortho chemicals, concisely written, well illustrated, and—another surprise in these inflationary times —inexpensive. Priced at $3.98 each, the Ortho garden books are available wherever garden supplies are sold, and in bookshops as well. ■

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If all this sounds too good to be true, here's one thing that's even better. Instant Spa sells for a modest $42.50.

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Building and Remodeling

1. SAVE ENERGY AND CUT FUEL COSTS with the help of an Arrow heavy-duty staple gun. Brochure, "How To Button Up Your Home," discusses why and where you should insulate, weather stripping, storm doors, and how to determine the proper insulation and tools. Arrow Fastener. 35¢

Decorating

2. "PRIMER OF EARLY AMERICAN HOME DECORATING." An 80-page hard-cover decorating guide filled with practical suggestions. Includes a room-planning kit, decorating ideas galore, and illustrations of the Young Republican line of hard rock maple living, dining, and bedroom furniture. Plus over 200 lamps and decorative accessories. Tell City Chair Company. $3

3. COLLECTOR'S EDITIONS. This catalogue is an assemblage of wall clock designs and antique reproductions for those who appreciate excellence. Each clock must be of collectible quality in design, execution, and the excellence of its movement in order to be included in this group. Howard Miller Clocks.

4. THE RUGGEDNESS OF THE AMERICAN FRONTIER is captured in every piece of the Rustic Oak collection from Harrison Furniture. Its 12-page, full-color brochure displays this deep brown-finished furniture in a variety of room settings. $1

5. "LIGHTING IN THE FINEST TRADITION." Full-color brochures from Quoizel, illustrating the Abigail Adams, Thomas Jefferson, and Rust Rose Collections. Steeped in the rich tradition of American lighting, the glass is hand-blown and decorated using time-honored craftsmanship unchanged since Colonial days. Quoizel.

6. INFORMAL FRENCH FURNITURE. Henredon's Four Centuries. Warm. Distinctive. Elegantly informal. An ultimately livable collection of dining room, bedroom, occa-

sional, and upholstered furniture in the French Country style of the 17th and 18th centuries. Illustrated booklet introduces this fine line of quality furniture. Henredon Furniture Ind., Inc. $1.

7. FASCINATING FURNITURE SELECTION. Dressers, chests, beds, chinas, buffets, tables, chairs, bookcases, record cabinets, beverage cabinets, desks, and living-room furniture are shown in this packet of brochures, "Get Something Beautiful Going With Furniture By Lane." $1

8. FURNITURE MAGAZINE illustrates a generous sampling of Century furniture photographed in homes and outdoor locations across the country. Each of the collections shown in this publication and Century's 7 consumer brochures include bedroom, dining room, and occasional pieces. $3

9. FURNITURE PORTFOLIO. Select from this full line of handcrafted furniture or let the Amana Furniture Shop create your own specific designs. In addition to the basic pieces shown, Amana produces a full line of period furniture. Price list enclosed. $1

10. 18TH-CENTURY FURNITURE REPRODUCTIONS. With faithful attention to authenticity, Hickory Chair interprets the finest of Queen Anne, Chippendale, Hepplewhite, and Sheraton designs in pieces for the living and dining areas of the home. Impressive line is featured in this catalogue. $3

Eating and Entertaining

11. "LIQUEURS AND BRANDIES." Booklet gives recipes for using the variety of liqueurs and brandies offered by Bols. Featured is information on creating "Pousse Cafe." (Striped wonders made with a series of liqueurs floated upon each other). Or try the many other Bols taste treats.

12. NEW SALAD WHEEL SPINS AROUND FOR DRESSING IDEAS! One side of the wheel reveals 10 classic dressing recipes such as Caesar, Creamy Garlic, Thousand Island. On the flip side, there are 10 extra special recipes such as Yogurt Fruit, Citrus Mustard, Jewel, and Hawaiian dressings. The salad wheel is available from Hellmann's/Best Foods real mayonnaise. 75¢

13. ENJOY THESE DELICIOUS FOOD AND DRINK RECIPES from Meyer's Rum. Brochure gives directions for preparing Meyer's Original Eggnog, Rum Cake, Banana Daiquiri, Pina Colada, Rum 'n O.J., and several other punch bowl and party drinks.

Gardening

14. AUTUMN FLOWER BOOK. 48 pages in full color listing fall planted bulbs, bulbs and plants for indoor culture, perennial plants, and many useful gardening accessories. Included are an entirely new and superior strain of African Violets. Geo. W. Park Seed Co., Inc.

Potpourri

15. BUYING A HOME? SELLING YOUR HOME? The National Association of Realtors has prepared this informative sheet for prospective home buyers and sellers. It lists the advantages of dealing with a member realtor. These realtors operate under a strict code of ethics, assuring the most competent, professional, and ethical performance available.

16. WHAT YOU DON'T KNOW ABOUT YOUR CAR COULD HURT YOU physically and financially. Fram Corporation has prepared a useful booklet, which, along with your owner's manual, will help you know your car better. Your glove compartment is a good place to keep both booklet and manual—easily available if you should find yourself in trouble and need some answers. 50¢

Order coupon for booklets

November, 1978

Circle the number of each booklet you want, and enclose check, money order, or currency in amount indicated for those requiring payment. Add $1 for postage and handling. No stamps. Allow up to four weeks for delivery.

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the gentle laxative so many women are using today.

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Energy Breakthrough

Tankless Water Heater Gives You Endless Hot Water-Instantly

New invention provides a NEVER ENDING FLOW of piping hot water—needs no complicated plumbing—saves energy, saves money—as much as 60% less to operate than an ordinary tank-type water heater!

Most of us simply don't realize just how wasteful—and costly an ordinary, tank-type hot water heater really is. But, if you will just think about it for a moment you will immediately realize that most of the *energy* used to heat your basement tank of water is dissipated right through the walls of the tank itself and into your storage or crawl space area.

The Perfect Answer—The New Kiley, Instant Tankless Hot Water Heater!

The answer is simplicity itself—if losses are created by the need to keep large volumes of water standing in a tank, why not eliminate the tank? And, that's just what the Kiley folks have done. We have eliminated the tank—and in its place we have developed a tiny, super powerful, instantaneous heating unit which ACTUALLY CREATES HOT WATER AS YOU USE IT. A microswitch on the Kiley unit automatically turns on the moment the faucet is opened—then a continuous stream of delightful, sparkling hot water flows from the tap for shower or wash basin. IMAGINE—as much hot water as you want—produced in a never-ending stream as long as you need it. And, the Kiley unit is fully adjustable too—temperatures from cool to steaming hot can be obtained at the turn of a dial. Models for LP (Bottled) Gas or Electric Power.

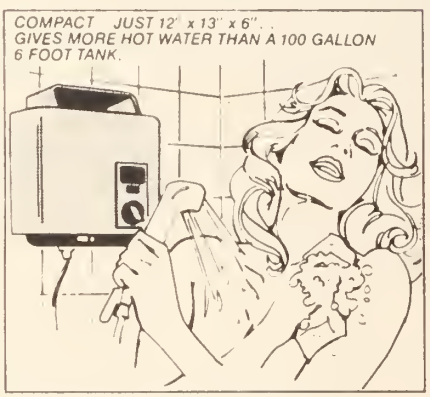
The Ordinary Tank-Type Hot Water Heater Is The Most Energy And Cost Wasteful Appliance In Your Home.

Did you know that an average tank-type heater will use as much as 4800 KWH of power in a year. Nothing in your home even compares to that for wastefulness and operating cost. By comparison, your refrigerator—usually opened several dozen times a day and placed in a hot kitchen, uses only 1/3 as much energy. In this day of rising costs and energy consciousness, the new *KILEY INSTANT TANKLESS HEATER* should be considered for every home.

Use A Kiley Tankless Anywhere—In Your Present Home—Perfect For Vacation Homes, Ski Lodges—Boats, Trailers.

The Kiley makes a perfect addition to any system. Installed simply RIGHT AT THE SHOWER or basin, it guarantees a continuous supply of delightful shower-water for the entire family. For a vacation home, boat or travel trailer the Kiley is ideal. A turn of the faucet is all it takes to automatically activate the Kiley—no standby, wasted power, the Kiley springs into action the very moment it's needed!

Kiley Tankless Heaters Can't Run Cold—Sold Direct To Save You Still More.



Ordinary water heaters waste energy by leaking heat through storage tank walls and pipes. A storage tank heater, placed just 25 feet from a hot water tap loses over a quart of heated water between washings as the pipes cool.

The Kiley Instant Tankless Heater heats water AS YOU NEED IT—on demand. Just open the faucet and get a luxurious rush of steaming hot water (heat is adjustable). Water in pipes leading to the Kiley remains cold—does not have to be heated. No wasteful waiting while water runs and runs until hot water reaches your sink!

PERFECT FOR...
- **Country Homes • Boats • Campers**
- **Cabins • Gas Stations • Laboratories**
- **Trailer Parks**

Kiley Div., General Mail Corp., Valley Drive, Greenwich, CT. 06830

Please rush the Kiley Instant Hot Water Heater(s) checked below. I understand that each Kiley is absolutely guaranteed to supply a continuous flow of hot water as described, or I may return it for a full and prompt refund. Simple instructions included.

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☐ Multi-purpose unit - For shower, sink or both—heavy-duty. NEEDS NO ELECTRICAL CONNECTION. Auto start with many special safety features.

Price each $129.95 Plus $2.00 shipping, handling and insurance

Conn. residents ONLY please add sales tax

KILEY ELECTRIC UNITS WH-8

☐ Multi-purpose unit - Complete with chromium plated, flexible piping and deluxe shower head. For 220 volts AC (6 KW)

Price each $119.00 Plus $2.00 shipping, handling and insurance

☐ Check enclosed

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Visa/BankAmericard No. _____

Exp. Date _____

Name _____

Address _____

City _____

State _____ Zip _____

Dear House & Garden
continued from page 154

Running hot and cold

I've bought several old sinks and claw-footed bathtubs where the original "hot" and "cold" handles have been replaced by modern ones. I'd love to replace *them* with old-fashioned ones. Does anyone make reproductions?

M.J.C.—Brownwood, Texas

Yes, indeed—both Artistic Brass and The Heritage Collection make white porcelain "spoked" handles. Neither sells directly to the public, so have a local plumbing supplier get in touch with them or write them for names of dealers nearest you:

Artistic Brass, Div. of Norris Industries, 3136 E. 11th St., Los Angeles, Calif. 90023. "Nostalgia" spoked handles in plain white or flowered porcelain.

The Heritage Collection, Broadway Supply Co., 7421 Broadway, Kansas City, Mo. 64114. Spoked handles in plain or flowered porcelain or "Old Dominion" solid brass. Several styles of old-fashioned "lever" handles, too—white porcelain with flowers ("Meadow Flower") or without ("Colony White"); solid brass ones plain ("Old Dominion") or scrolled ("English Rope").

You might consider the fluted porcelain handles that the store and manufacturer P.E. Guerin makes in both a knob and a lever shape. Send P.E. Guerin (23 Jane St., New York, N.Y. 10014) $4 for its mail-order catalogue.

Historical walls

We're remodeling a Colonial farmhouse and would love to find some authentic wallpaper reproductions. What sources do you suggest?

—K.B., New York, N.Y.

Three manufacturers of documentary wallpapers to look for at your local wall-coverings store are:

Old Stone Mill, Route 8, Adams, Mass. 01220

Reed Wallcoverings, Dept. EAH, 550 Pharr Rd., N.E., Atlanta, Ga. 30305 (For "Early American Homes," a 32-page booklet, send $1 to Reed.)

Thomas Strahan, 121 Webster Ave., Chelsea, Mass. 02150

Some manufacturers to ask for at your interior designer or department store decorating service are:

Louis W. Bowen, 979 Third Ave., New York, N.Y. 10022

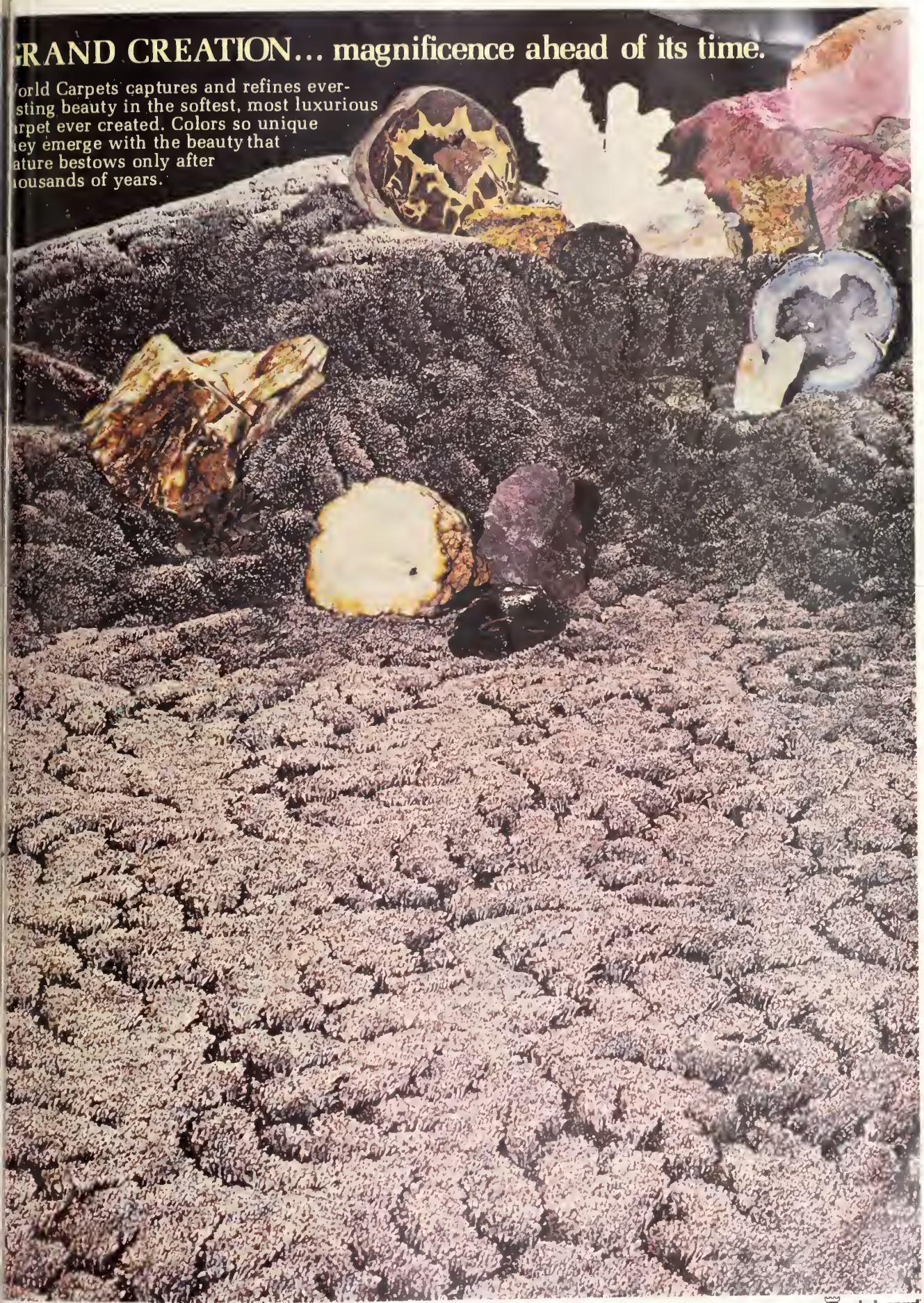
Brunschwig & Fils, 979 Third Ave., New York, N.Y. 10022

Jones & Erwin, 232 E. 59th St., New York, N.Y. 10022

Katzenbach and Warren, E. 950 Third Ave., New York, N.Y. 10022

Scalamandré, 950 Third Ave., New York, N.Y. 10022

F. Schumacher & Co., 939 Third Ave., New York, N.Y. 10022 ■



WORLD® CARPETS

For nearest dealer, write
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DALTON, GA 30720.

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ANSI
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Only 8 mg. tar.

Taste so good you won't believe they're lower in tar than all these brands:

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Source of all 'tar' and nicotine disclosures in this ad is either FTC Report May 1978 or FTC Method. **Of All Brands Sold:** Lowest tar: 0.5 mg.'tar,' 0.05 mg. nicotine av. per cigarette, FTC Report May 1978. **Golden Lights: Kings Regular and Menthol**—8 mg.'tar,' 0.7 mg. nicotine av. per cigarette by FTC Method.

Warning: The Surgeon General Has Determi
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EXPERIENCE THE 19TH CENTURY.

One of the gifts of the 19th century (along with Tchaikovsky, Tolstoi, others) was the ritual of the "family silver." It was in those elegant times when bringing out the "family silver" came to mean a profound or joyous occasion was at hand, one that called for something beyond the ordinary.

A few of the more hallowed rituals that evolved over the generations are shown below. Next time you take out the Smirnoff Silver (it traces directly back to the original formula) observe the jewel-like flash of icy-cold Silver pouring into your glass. Smooth, with a unique 90.4 proof. Prepare to taste history.

SMIRNOFF SILVER

SO FULL OF HISTORY
YOU CAN ALMOST TASTE IT.

...OF DISTILLED FROM GRAIN
...VISION OF HEUBLEIN INC. | HARTFORD CT

"Staffordshire Garden"

Tiffany's own earthenware dessert plates,
each decorated with a different fruit,
the set of four, $ 12. Matching tea cups
and saucers, the set of four, $ 20.

TIFFANY & CO.

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Add two dollars for shipping and handling plus any sales tax. American Express • Diners Club • Master Charge • Visa

The newest
Bill Blass creation
has no buttons,
no seams, no fabric.
It is apparel for the senses.

An accord
of mimosa, jonquil, hyacinth and jasmine.
Wooded and warmed and evoked for the lady.
Perfume $100 the ounce.

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Other disposers can't compare to KitchenAid.

KitchenAid disposers have a cast iron drain chamber to fight corrosion.

Other disposers don't.

KitchenAid has a push-button Wham Jam Breaker to break up stubborn jams.

Other disposers don't.

KitchenAid has a powerful motor. Stronger start-up power than any other, to handle tough stuff like steak bones and corn husks.

Which some disposers can't.

In fact, when you make a point-by-point comparison, it turns out there really isn't much comparison.

And, perhaps, that's why so many people choose a new KitchenAid stainless steel disposer when it comes time to replace their worn out disposers.

KitchenAid®
Because it's worth it.
Hobart Corporation, Troy, Ohio 45374

HOUSE & GARDEN®

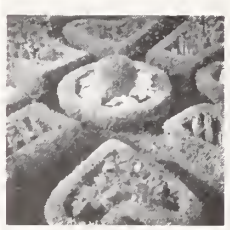
DECEMBER 1978

Christmas magic, page 102

Country Christmas, page 114

See-through space, page 132

Homemade presents, page 100


Garden of delights, page 124

Swedish buffet, page 138

DECORATING, ARCHITECTURE, BUILDING

86 Home improvement ideas for the house fixer
126 Painted wonders in rooms where imagination comes to life
132 See-through space—new excitement in a dynamic house designed for flexible living

CHRISTMAS MAGIC

40 Christmas giving from the kitchen
68 How to wrap up Christmas
93 Christmas—bringing home the joy (*Editorial*)
94 Christmas—how to make the magic happen
102 Light up your rooms with Christmas magic
112 Christmas on a shoestring: Greenery, fruit, spice, crafts to keep your holidays in the green
114 Christmas on a shoestring: Evergreen wreaths and holiday flowers in a country house where Christmas is a natural
120 An antique Christmas at Winterthur

ANTIQUES

22 Questions & answers: Antiques. By Louise Ade Boger

FEATURES

12 Living. Edited by Paula Rice Jackson
18 The mystery and magic of 2500 years of gardening. By Anthony Huxley
52 Special books for special interests
60 Money matters: The working-marriage gain plan. By Paul Gross
93 Christmas: Bringing home the joy (*Editorial*)
116 A time to be alive. By Maeve Slavin
118 A gift of art at the National Gallery

WINE & FOOD

66 Early American desserts
134 Meal in minutes
137 Celebrate with a Swedish buffet
140 Share a rustic Italian Christmas Eve
141 Enjoy a French Christmas dinner with Michel Guérard
142 Good spirits: Toasting Christmas. By Henry McNulty

GARDENING

13 The mystery and magic of 2500 years of gardening.
36 Plants around the house: Easy-care greenery. By Richard Langer
124 A garden of Christmas delights
193 Gardener's notes. By James Fanning

BEAUTY & HEALTH

26 Looking good, feeling fit: Exercise—Good, Better, Best and how to get there. By Claire Schoen

TRAVEL

76 Going places, finding things. Edited by Nancy Richardson. White water rafting on a sacred river in Nepal. By William P. Rayner: Utah—some of the world's best skiing is in the U.S. By John Gibb; Greenbrier

READER'S SERVICE

160 Shopping around with Audrey Nichols
200 Best in booklets
202 Shopping information

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Enjoy our quality in moderation.

Canadian whisky. A blend. 6 years old. 86.8 proof. Seagram Distillers Co., N.Y.C. Gift-wrapped at no extra charge.

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When the Queen of England wanted bone china for her wedding, she chose Aynsley.
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What price glory?
Spend under $10. Or over $1,000.
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Free color booklets.
Aynsley Bone China, 225 Fifth Avenue, NY 10010.
The English member of the Waterford Crystal family.
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That's Waterford crystal.

Born in fire, blown by mouth & cut wholly by hand, with heart.

Each piece reflects the glory of its ancient Irish heritage.

Yet man lives not by Waterford alone.

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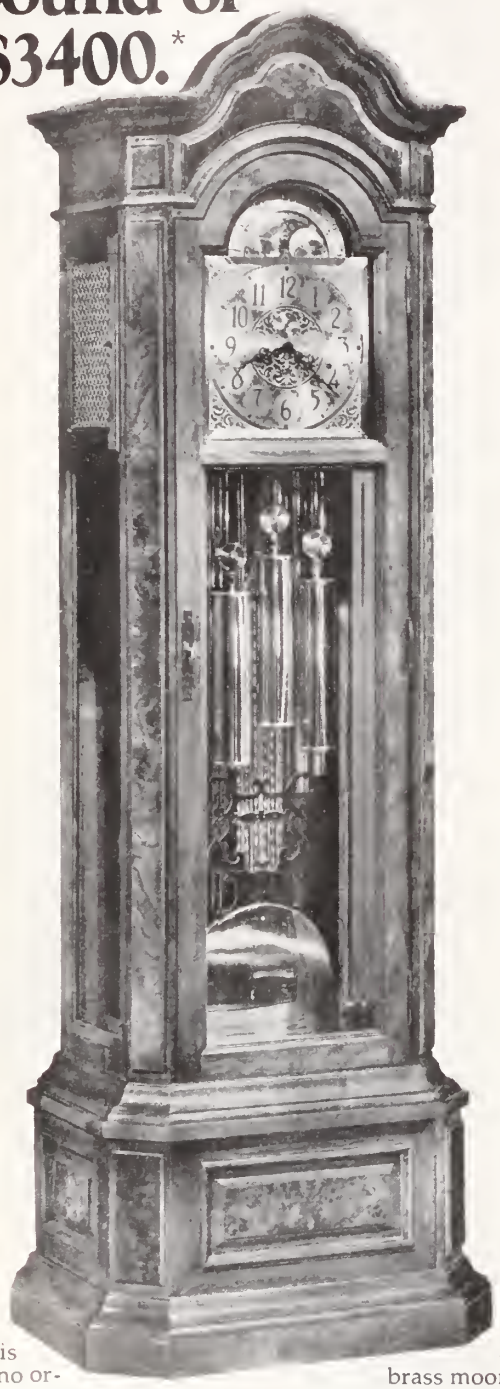
Every quarter hour you will enjoy the sound of $3400.*



This is no ordinary clock. The resonant eloquence of its chimes is an extraordinary experience. Chimes are played on finely tuned chromium-plated tubular bells. All superbly housed in an elegant cherry case 87" tall and accented with rare Carpathian elm burl veneers. This is set off by a solid brass moon phase dial with silver accents, depicting two 18th Century scenes. Meanwhile, a great lyre pendulum swings away the minutes. Until it's time to enjoy the sound of excellence again. Ask for the Connoisseur by Howard Miller. Yours will be engraved with your name in solid brass.

Howard Miller Clock Co.

Zeeland, Michigan 49464

*Manufacturer's suggested retail price, subject to change without notice.

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HORST

On the cover: Christmas magic in a jewel of an all-red room. On the tree, bits of Nantucket driftwood, postcards collected in faraway ports, and handmade stuffed animal ornaments, last year's present from a friend. Instead of lights, the twinkle of yards and yards of silver garlands, strings of red and gold beads, and an old-fashioned ribbon chain made by the owners, Mr. and Mrs. Noel Jeffrey. "We hang everything we love that's small enough to hang, even if it wasn't meant for Christmas," says Mrs. Jeffrey. For tree gazing, a red and white chaise from Lord & Taylor on a striped durrie rug from Rosecore Carpet. Wreath from Renny. Devoe & Raynolds paint. Shopping information, page 202.

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(Maison & Jardin)
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This is the new 1979 Lincoln Versailles.

This is the new 1979 Lincoln Versailles.

Valino grain roof optional

This is the new 1979 Lincoln Versailles.

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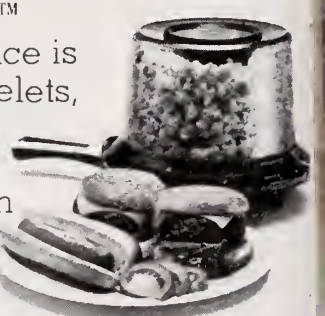

They all make smart gifts for brides, graduates, or for that special person, yourself. Because with each of them, you make one appliance do the work of several appliances. And that's smart thinking in anyone's language.

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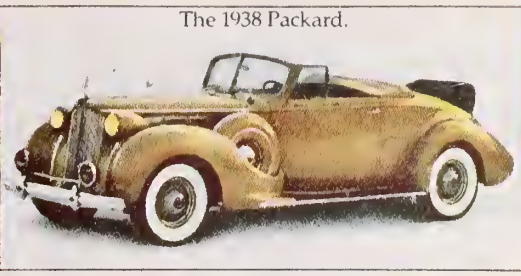
The 1938 Packard.

The wedding band.

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This month: Marin county's joyous Festival of Trees, art and fragrance from the garden, dial-a-tape for consumers, a futuristic cookbook

LIVING

PEOPLE

Nature's art gallery

A wonderful new gallery that marries two worlds—art and rare plants that are works of art themselves—has just opened in Venice, Calif. Topo Swope and her partner, Lanie Statsinger, designed and renovated, with Ms. Swope's brother Mark, a 1920s warehouse that spans 1,500 square feet of gallery space. White and subtle gray, it makes a dramatic foil for green plants, rare baskets, paintings, sculpture, and photographs the partners exhibit. "The Art Garden's" premier was a show of photographer John Swope's pictures excerpted from his 40-year career. They were shown with bromeliads, orchids, bonsai, ceropegia, a giant member of the palm family. "Plants should be celebrated for themselves," says Ms. Swope, "as something beautiful and as interesting as art." The Art Garden, 228 Main St., Venice, Calif.

CAMERA

GARDEN ART

Sweet bay

Sweet bay easily comes under the "investment" category of house plants. A 4- or 5-foot potted specimen could sell for hundreds of dollars—if you could find one. Small windowsill versions of *Laurus nobilis*, on the other hand, cost only a couple of dollars. So why not buy one, grow your own fortune, and enjoy fresh bay leaves in your soups and stews along the way?

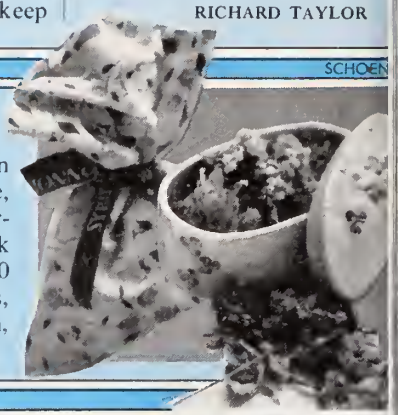
As a house plant, sweet bay likes its elimate cool. Grow it close to the window, offering it several hours of sunlight eaeh day. In really warm weather, it will do best with morning and afternoon sun but some shading from the hottest midday rays, to keep the leaves from being burned. The plant does splendidly outside if it's given the same eonditions of light and shade.

For maximum growth, your bay tree should be transplanted up to a larger pot each year in order to give it comfortable root room. Use a rieh potting soil with one-third sharp sand added for good drainage. Keep the soil evenly moist at all times, and your inseet problems should be minor. Seale is about the most common pest. It ean be brushed off with an old toothbrush dipped in a soap solution without damaging leaves.

RICHARD TAYLOR

Vive le potpourri

This year brings a eollection of fragrances called "Scents from an Irish Garden." The garden is Sybil Connolly's—the internationally famous designer of elothes and houses. Here are potpourris done up in her own flax-flower eotton bags, holding an ounce, $6.50 ppd; loose potpourri eomes in a white Belleek porcelain bowl, $47.60 ppd. Write Garfinekel's, 1401 "F" St., Washington, D.C. 20004.



SCHOEN

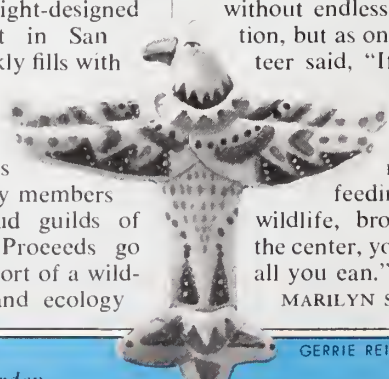
PAMELA BARKENTIN

Lanie Statsinger, left, *and Topo Swope of The Art Garden*

The Festival of Trees

Marin County, Calif., starts to celebrate Christmas with "A Festival of Trees" on the first weekend of December. At 7 P.M., the exhibition hall of the pink, curved, Frank Lloyd Wright-designed county seat in San Rafael quickly fills with gazers and buyers of the small forest of trees decorated by members of six proud guilds of craftsmen. Proeeeds go for the support of a wildlife clinic and ecology education center, The Marin Wildlife Center. The competition to make tree decorations is very stiff, with proposals and sketches sereened as early as January. Emphasis is on natural materials: raffia, wood, straw, pine cones, scraps of eotton, wool fabrics. None of this happens without endless dedication, but as one volunteer said, "If you've ever helped make rounds feeding baby wildlife, brought to the center, you'd give all you ean."

MARILYN SCHAFER



GERRIE REICHARD

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Strawberries, preserved. *Wedgwood's Wild Strawberry—one of the world's most beloved patterns—captures luscious berries forever, in beautiful Bone China. As practical as it is pretty, you can even put it in the dishwasher. 3-piece place setting is $40. To see all our patterns, write Wedgwood, 41 Madison Avenue, New York 10010.*

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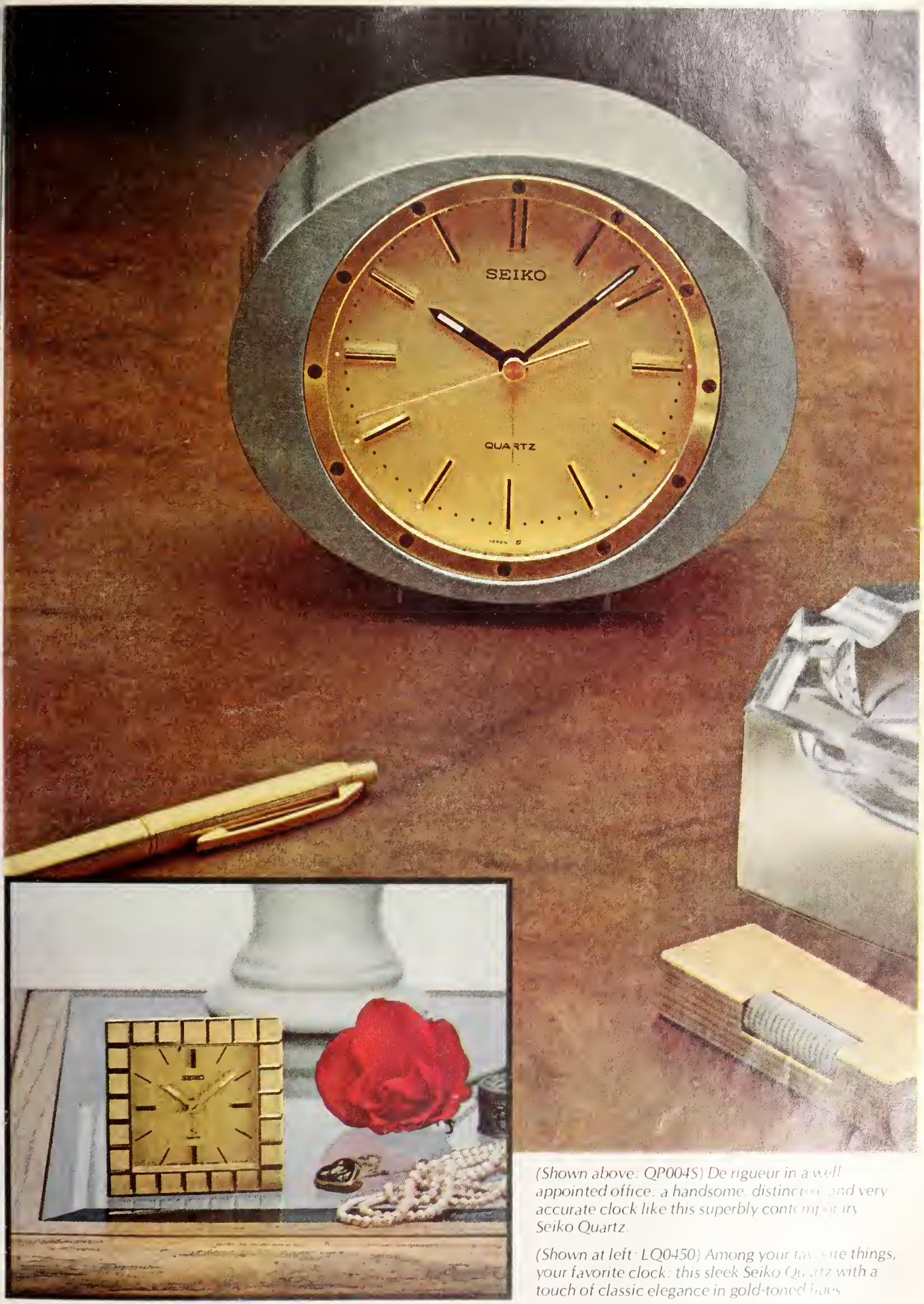
(Shown: LQ0660) A superb touch in the midst of a treasured book collection, this elegant wood-grained Seiko Quartz clock, the dial an elegant Old World Roman numeral design.

(Shown: QP005G) An extraordinarily beautiful design for the most personal of settings, this marvelous Seiko Quartz clock with bold Roman numerals.



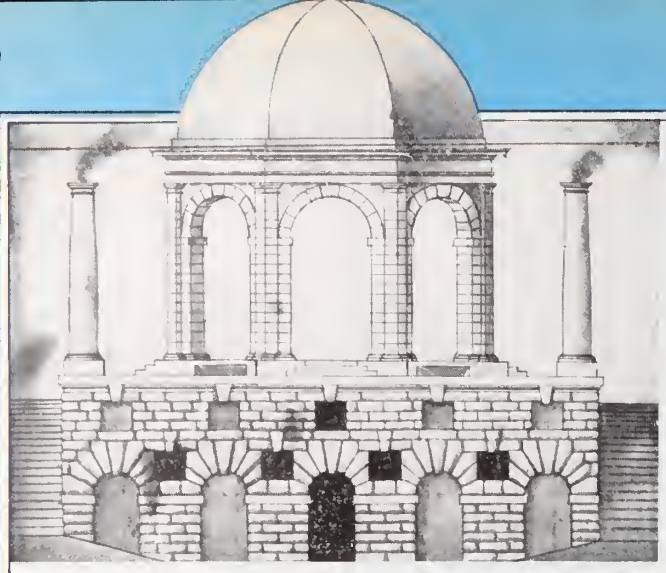
(Shown above: QP004S) De rigueur in a well appointed office: a handsome, distinctive and very accurate clock like this superbly contemporary Seiko Quartz.

(Shown at left: LQ0450) Among your favorite things, your favorite clock: this sleek Seiko Quartz with a touch of classic elegance in gold-toned hues.

LIVING

Information, please

"People don't want to be experts . . . until they suddenly need information." That's what Dade County, Fla., consumer-advocate chief Walter Dartland says was the basis of a brand-new, statewide telephone information system that he developed with the University of Miami. Callers can dial some 180 information-packed, 2-3 minute, toll-free tapes on subjects that range widely from pest control to zoning codes. Find the "Tel-Consumer's" repertoire in Florida newspapers. JOHN CRUDELE.



AVERY LIBRARY, COLUMBIA UNIVERSITY

Architecture's roots

For students, teachers, and everyone interested in the fascinating history of architectural design—a new, not-for-profit group called "The Architectural History Foundation" has just been formed. In collaboration with The Massachusetts Institute of Technology, the foundation will publish profusely illustrated and carefully designed books at prices everyone can afford. The foundation's first effort is from the Renaissance—Serlio's *On Domestic Architecture, The Sixth Book: Different Dwellings from the Meanest Hovel to the Most Ornate Palace.* Some of the world's outstanding architectural historians are on the editorial board—Vincent Scully of Yale, Spiro Kostof of Berkeley, and Henry-Russell Hitchcock of New York University's Institute of Fine Arts. Write MIT Press, 28 Carleton St., Cambridge, Mass. 02142.

PET NEWS

I-denti-pet

Note for new and experienced pet owners: A permanent identification can raise your chances of retrieval if your pet is lost or possibly stolen. Here's how. A code number is assigned to your pet by registry and filed with your name and address. You have the number painlessly tatooed on the inside of the animal's thigh. Then, anyone finding your pet—a humane society, shelter, animal hospital, kennel club, the police, a vet, or an alert individual—will notify the registry, who in turn, will get in touch with you.

Thousands of pets have been returned to thankful owners. Registration fees: $20-$25, (no fees for returns.) The oldest company is The National Dog Registry, 227 Sebbins Rd., Carmel, N.Y. 10512; another for a dog or cat is I.D. Pet, 608 S. Ave., Garwood, N.J. 07027. PATRICIA CURTIS

Free association: cooking schools unite

Cooking-school fever has gripped the country. According to Judith Bell, who is compiling a national guide to cooking schools, there are now, well over 500. It was inevitable that someone would form an association of cooking schools and teachers along the lines of other professional groups. The one who did is Donald Miller of L'Academie de Cuisine in Bethesda, Md. He organized a weekend meeting in St. Louis attended by some 50 cooking teachers and owners of cookware shops from 22 states, at which the Association of Cooking Schools was launched.

The Association will exchange information within the cooking school community, establish professional standards and accreditation procedures, and encourage nationwide recognition of the contributions of cooking schools to the development of the culinary arts. For the average student, there will be, at last, one central source that can supply information about schools and courses in different parts of the country. Write: Assoc. of Cooking Schools, 1001 Conn. Ave., N.W. Suite 800, Washington, D.C. 20036. JOSÉ WILSON

BEADLE DAVID MASSEY

HEALTH

Futurist cookbook

Are you, or is someone you know, struggling with a special diet? Is it low-salt? Low cholesterol? Low-carbohydrate? Is it difficult to implement? Here's help. A cookbook has just been published that lists the chemical constituents of the recipes' ingredients—covering some 22,000 foods. The charts of *21st Century Cookbook* (Ermine Pub.) show listings for sodium, calcium, potassium, calories, carbohydrates, cholesterol, vitamins, minerals, fats, and fatty acids. Since the book has no particular restrictions, it can be applied to a variety of nutritional needs.

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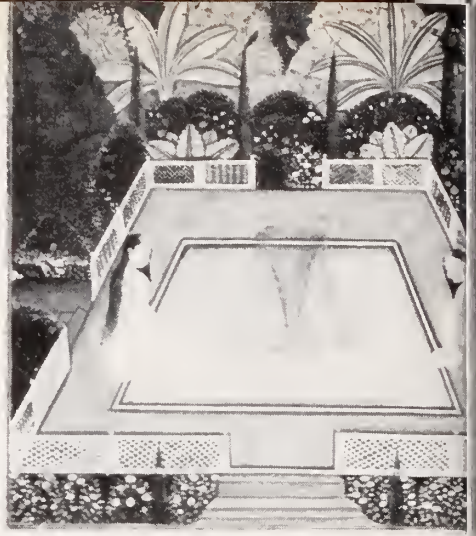
The mystery and magic of 2500 years of gardening

By Anthony Huxley



An Indian water garden of the Jodhpur School, with handsome trees symmetrically planted, and also an elaborate garden fence with several different grille patterns.

Do you know who grew the first flowers for pleasure? Why early Charlestonians tossed herbs on the lawn? What to discuss in a tree house? For the fascinating answers—and more—read on

One of the saving graces of the human race—of which one may sometimes despair in general terms—is surely its widespread urge to grow plants for pleasure and to make gardens in which to do so. This combination of craft and art is, at its highest levels, certainly on a par with painting, sculpture, architecture, and literature. Well known though they are, Sir Francis Bacon's words of well over three centuries ago are worth repeating—"God Almighty first planted a garden, and indeed it is the purest of human pleasures."

Unfortunately a garden contains, all too literally, the seeds of its own deterioration, and thus there are, for instance, no gardens of ancient Egypt left to match the temples and pyramids. It is, of course, mainly those gardens whose whole structure is architectural, like so many in Italy, which can remain intact for any length of time.

But paintings, drawings, and engravings from the past, and archaeological excavation, too, tell us what some of the old gardens looked like, and it is both entertaining and inspiring to look at these old records, for they hold much which we have forgotten, that can provide ideas for modern gardens.

The documentation of really ancient gardens is very scanty, however, except in ancient Egypt, where tomb paintings have preserved for us a partial record. Some of these paintings, in which agricultural activities are depicted, remind us that gardening sprang out of agriculture and the corresponding knowledge it gave of tilling the soil and growing plants, while funerary statuettes also show us some of the primitive tools used. There is, again, a fine Egyptian fresco of grapes being picked from a beautifully trained arbor, reminding us of the very early domestication of the vine—a marvelous plant which provides splendid fruit easily turned into delectable drink, with handsome foliage and, on top of all, an amazing plasticity allowing the vine to be trained in all manner of ways—undoubtedly giving the first insight into

manipulating plants for hedges and tooseldom-seen arbors and tunnels.

The Egyptian garden was severely formal and symmetrical, and at first it was certainly only for utilitarian plants including the vine, palms, and other fruiting trees, as shown by a detailed fresco depicting the garden of an official of Pharaoh Amenhotep III, around 1400 B.C. This garden has oblong pools with waterfowl and water lilies, and these—very much beloved by the Egyptians—were perhaps the earliest flowers actively cultivated for pleasure, to be followed later by others.

Formality seems a deep-seated instinct in gardening. This may come from the early emergence of the utility plant bed, square or oblong, which if multiplied called for a symmetrical arrangement. Such beds, as one can see in Egyptian paintings, were sometimes divided into squares by irrigation channels, or in more temperate gardens by paths giving easy access to all the soil area. Without doubt formality also derives, however, from the cosmic cross first described in the second chapter of Genesis—"And a river went out of Eden to water the garden; and from thence it was parted, and became into four heads." The garden divided into four parts by water or, later on, by paths, is a recurrent theme in different countries and cultures. Many ancient carpets from Persia and other Eastern countries show such gardens, and in England, the Tudor garden is seemingly a direct descendent. The pattern is not, one must add, directly involved with the Christian cross. It is apparently more ancient, while four is a basic figure in the symbol-

"God Almighty first planted a garden and indeed it is the purest of human pleasures"

ism of numbers—there are, for instance, the four corners of the earth, four seasons, four winds of heaven.

The use of water in the earliest gardens is no surprise since so often they were in a hot climate, where the mere presence of water at once gives a feeling of coolness. This is especially so if enhanced by movement, whether in a conduit or down a "water ladder" skillfully shaped to make the water ripple; or from a tiny splashing water jet or drip, or the more obvious effect of a large fountain. The Moguls were experts in making the most of water, and their techniques

Continued on page 20

Editor's Note: This illustration, right, *depicting flowering pot plants set around a square pool in a Canton water garden, and the above illustration, come from the recently published* An Illustrated History of Gardening *(Paddington Press, $25), by Anthony Huxley, a member of the distinguished Huxley family. The book, published in association with the Royal Horticultural Society, is not in fact a history of garden design, but the first full-scale history of the craft and practice of gardening. It describes the development of the tools, methods, and component elements that have gone to make a garden, from ancient times to the present day, and it is amazing how little of this is really new, despite modern technology. It is a fascinating and often entertaining story, which the book illustrates in 75 color and around 1,000 black and white illustrations, mostly from original sources.*

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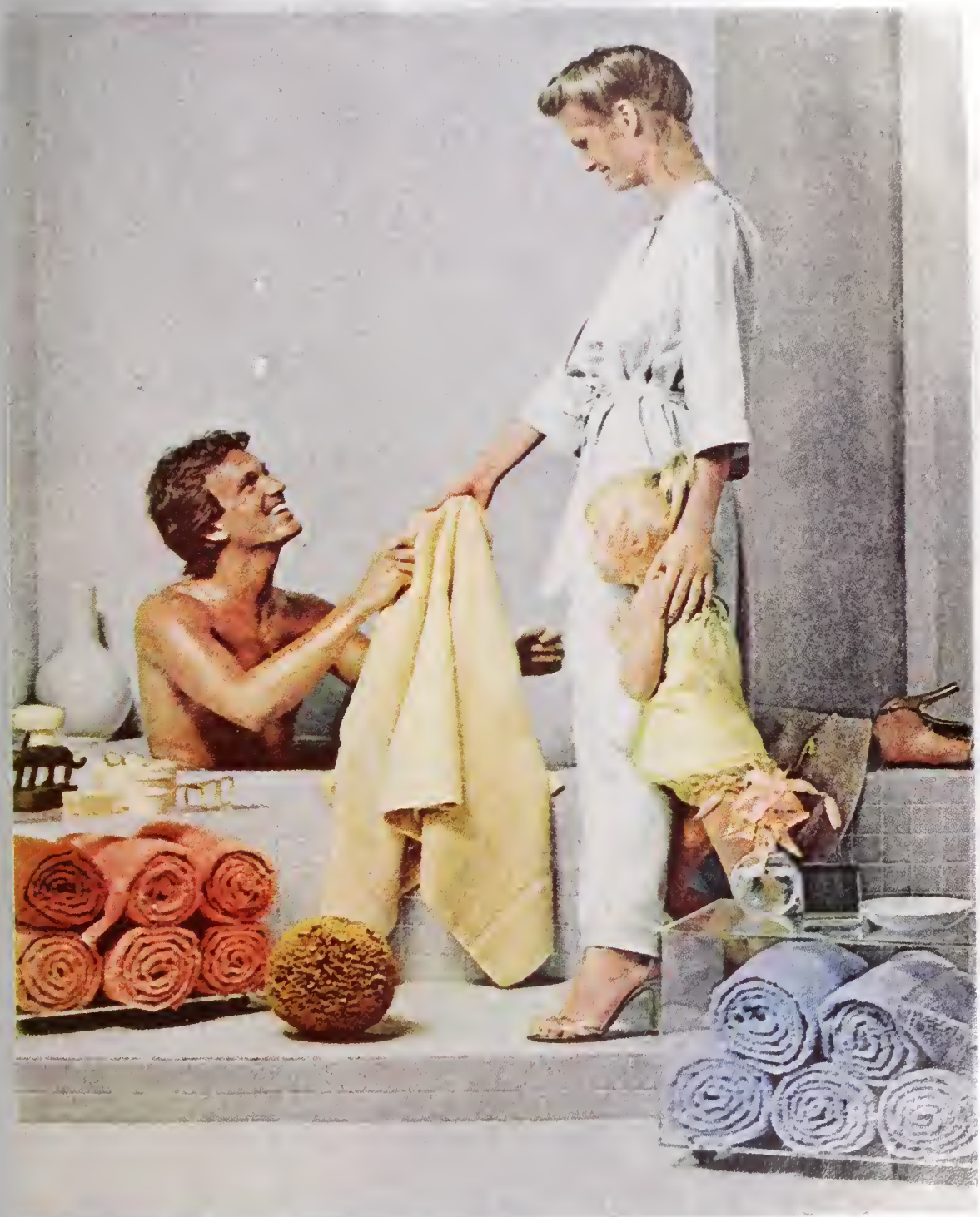

LUXOR® THE FAMOUS ALL COTTON TOWEL BY MARTEX®

1221 AVENUE OF THE [illegible]

continued from page 18

spread all over India, where, without water, a garden would be a hot, heavy place, suffocatingly shut in by its verdure.

I always think it astonishing how similar the great Mogul gardens are to those of Renaissance Italy, both with water, terraces, pavilions; there seems not to have been any close connection between these very different cultures.

In cooler climates, water has its place, too, and gardeners—very keen on water in many ways, today—often make still formal pools; but they are usually for growing plants and fish in, and hence almost as restless as a fountain. The meditative Oriental prefers his water unblemished, a canvas to which wind and rain can apply an infinitely variable texture. In Japan, water is usually part of a landscape, but the Chinese might use it formally, as in Cantonese courtyard pools which we find surrounded by a low wall on which are placed flowering plants and dwarfed bonsai trees in ornamental containers. It seems to me that the shallow pool, round, square, or canal-like, is specially useful to form a reflective "eye" in the small gardens of today.

Peace and coolness are some of the possibilities past gardens can remind us of. There are also jollier features which we have almost entirely lost. The tree house is one which we relegate to children if we think of it at all. But the Romans seem to have built seats into trees, and many are recorded in Europe from the Middle Ages onward. In Renaissance Italy, elaborate tree seats and balconies were made, and the solitude a tree arbor might provide was taken advantage of by monks. John Parkinson, herbalist to King Charles of England, recorded a three-story arbor in Kent, made in a huge lime tree and apparently capable of holding a hundred people or so—"the goodliest spectacle mine eyes ever beheld for one tree to carry." Such tree arbors known as "roosting places," were especially popular with the ladies.

Ralph Dutton, an English garden historian, comments, "These Peter Pan-ish conceits throw an interesting light on the simple mentality of the Tudor Englishman." But there is more to a tree house than that, I am sure. The Persians and Moguls often used tree platforms as a place for receiving important visitors and discussing matters of state, as well as for refreshment and feasting. Perhaps the leafy tree platform, often in the great *chenars* or Oriental planes one still sees in the Kashmir Mogul gardens, was simply cooler than the ground, but also, surely, it provided a suitably airy and detached viewpoint for rulers and officials. The Japanese turned the tree house to artistic purposes in making aerial walks from which a fresh view of trees and gardens could be obtained.

There is, incidentally, an amusing account of an American tree house built in Philadelphia in the 18th century. In the estate concerned there was "a long dark walk . . . shaded by tall forest trees . . . near the beginning of the walk [the owner] caused to be constructed, on a spot 10 or 12 feet above the walk, a seat capable of holding twenty persons and a place for a table. On the Fourth of July and other warm days of summer, he would take his friends there and iced wine would be served. A bell wire, communicating with the house, was arranged to call the servant when wanted and avoid his constant presence."

Another entertaining feature very seldom created today is the mount, or artificial hill. One of the first of these formed the hanging gardens of Babylon, an amazing construction made, according to the most likely accounts, by Nebuchadnezzar II (604-561 B.C.) for his Median wife who pined for her native wooded hills. Some authors consider that garden mounts have a sacred origin, but those in Europe certainly arose for the more prosaic reason of providing a viewpoint over the surrounding countryside when hemmed in by a defensive wall. Francis Bacon, in his famous essay *Of Gardens* from which I have already quoted, makes it clear that he considers a mount an essential feature of a "princely garden," and one that should be topped by "some fine Banqueting House."

Later the mount changed into a "viewing terrace," more to see the garden than the country. This might be built up within one of the boundary walls—there are a couple of Elizabethan examples in England—or, as at Hampton Court Palace, the terrace might extend a few feet above the rest of the garden in its center. There is a record of one in a 16th-century English garden which was 9 feet wide, raised 6 feet above ground level, and extended for 130 feet.

As with the tree house, there were certainly some American examples of mounts; for instance an estate in Charleston, South Carolina, was described in 1740 as having "a large fishpond with a mount rising out of the middle, the top of which is level with the dwelling house, and upon it is a Roman temple."

Whether a mount in a small garden today would be a very good idea is perhaps doubtful; one would probably be accused of invading one's neighbors' privacy. But there is certainly something to be said for lesser mounds and changes of level in flat gardens. European medieval gardens, for instance, often had raised banks of turf specially for sitting on, while along walls flat turf seats would be built, usually retained by a low brick wall in front. Such banks and seats would be deliberately planted with aromatic plants, notably camomile, which gives out a delightful aroma when crushed. One might imagine that such seats might often be rather damp, but there is seldom a hint in the old illustrations of even a cushion to protect against this. Maybe their voluminous

Continued on page 50

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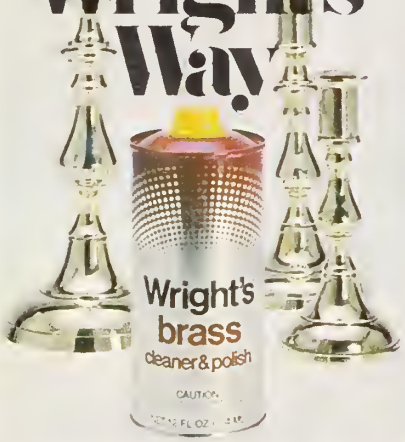

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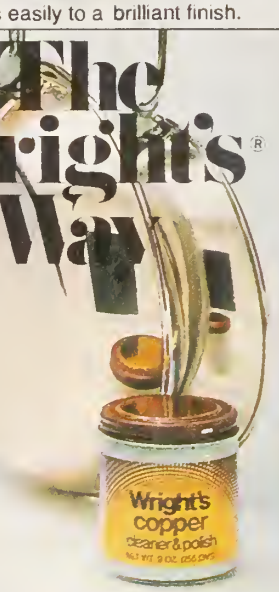

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ANTIQUES
QUESTIONS & ANSWERS

St. Nicholas

My old plaque dated Dec. 6, 1906 has a picture of Washington Irving on it, but on the reverse it refers to St. Nicholas. Can you explain this to me?

H.E.L.—Deerfield Beach, Fla.

You have a St. Nicholas Society commemorative medal celebrating St. Nicholas Day. On Feb. 14, 1835, Washington Irving (1783-1859) brought together at a New York hotel, a "notable gathering of gentlemen" for the purpose of forming a society of "old New Yorkers" and thus the St. Nicholas Society was formed. St. Nicholas, said to have been born Dec. 6, 343 at Patura in Lycia, was adopted as patron saint and namesake of the society because he was especially dear to the Dutch founders of the City of New York, originally New Amsterdam. The ship that brought them here had a figurehead of the Saint at its prow and the first church built in New Amsterdam was dedicated to him. St. Nicholas was the special protector of children, merchants, sailors, and others and was associated with giving gifts. He was immortalized in *A Visit from St. Nicholas*, by Clement C. Moore written for his children in 1822.

Banister back chair

I'm told I have a split banister chair. Can you tell me what this term infers and also give me some idea how old my chair is?

C.S.S.—St. Petersburg, Fla.

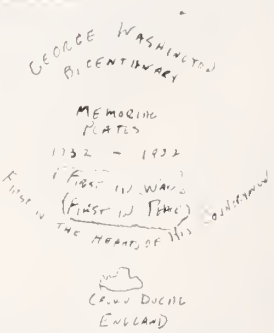
Your banister back chair with rush seat was made in America, probably about 1720-1740. Each banister is one half of a round banister and for this reason is frequently called a "split" banister. Edgar G. Miller Jr. in his book *American Antique Furniture* writes: "These split banisters were made by taking two pieces of wood and gluing them together temporarily with a strip of paper between. . . . The turning of the two was then done on the lathe, making a round banister. . . . The two pieces were then separated."

"Carmen" clock

Please help me to identify my clock. The key reads "E. Ingraham & Co., Bristol, Conn." Is the company still in existence? How old is the clock? Was it valuable?

J.C.H.—Alexandria, Va.

This clock is the "Carmen" model introduced by E. I. Ingraham & Co. in 1886 and discontinued in 1892. It retailed for $9. Though some clocks with "Ingraham" trademark are made in North Carolina, the original business in Bristol, Conn., discontinued clockmaking 10 years ago.



Staffordshire mark

From my sketch, can you identify the makers of my Washington green and white plates and date them for me?

E.F.S.—New York, N.Y.

According to the markings, the Staffordshire potters A.G. Richardson & Company, the manufacturers of Crown Ducal Ware, made your plates in 1932 in memory of George Washington, who was born 200 years earlier at Bridges Creek, Westmoreland County, Va.

Continued on page 24

Now that I'm a working woman, I appreciate people who understand my schedule. Like Ethan Allen's interior designer. She comes to our house after 5

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SO WE FOUND A STORE TO HELP US CREATE THE KIND OF ENVIRONMENT THAT MAKES THE MOST OF OUR TIME TOGETHER."

Meet Jane and John Weil and their children. Fifth in a series of stories about the kind of people who furnish their house, <u>their</u> way, at Ethan Allen.

"Our day starts early. We drive our daughter Lindsey and our son Tom to school every morning on our way to work, then they take the bus home together. We all help with supper. That's our time to be together. In our house, it's easy and fun. Because our kitchen/dining/living area is all one big, beautiful space.

For the hub of our house, Ethan Allen's interior designer suggested a round extension table and Windsor chairs. Beautiful for entertaining, yet stands up to our everyday meals. We love it. For the living area, we're glad we chose Ethan Allen's modular seating. Roomy, comfortable with a clean, uncluttered look. At a comfortable price, too.

It seems Ethan Allen has just what it takes to help a two-career family like ours furnish and organize our house so we can all make the most of our time together.

Lindsey dipped those candles herself at school, so we bought this pair of brass candlesticks from Ethan Allen to set them off

John and his Ethan Allen recliner are practically inseparable after dinner! Lindsey's showing him her latest poem

Ethan Allen Galleries

COME ON OVER TO OUR HOUSE AND FURNISH YOUR HOUSE <u>YOUR</u> WAY

LOOK UP IN THE YELLOW PAGES

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ANTIQUES

continued from page 22

English sauceboat

I'd like to know when and where my silver piece was made, and I'd also like to know what a piece shaped like this is called. K.R.—Tidewater, Va.

You have a sauceboat. In English silver, the sauceboat was introduced in the first half of the 18th century and was probably so named because the body bore some resemblance to the hull of an old-fashioned boat. In the reign of George II (1727-1760), the early sauceboat supported on four feet, with a pouring spout at each end and a bail handle in the center, was replaced by a sauceboat supported on three feet, with a single pouring spout and a scrolled handle. The latter became the popular form and is also the form of your English sterling silver sauceboat made in Birmingham, 1859-1860.

French faïence

What can you tell me about the painted flower decoration on my faïence coffeepot? It is marked "France" on the bottom. S.S.—Washington, D.C.

The naturalistic flower painting on your coffeepot is one of the many beautiful variants of the famous German flowers, the *Deutsche Blumen* first produced at Meissen toward 1740 by J.G. Herold, art director and to a large extent creator of the fame of the Meissen porcelain factory. The freedom and richness of the style is reminiscent of the Strasbourg flowers, borrowed from Meissen, which soon became the *fleurs de Strasbourg* and influenced almost every French faïence factory. The country of origin, on your coffeepot, indicates it was made after 1890, perhaps about 1900.

Turn-of-the-century bowl

I am interested in learning something of the process by which my bowl was decorated and also how old it might be. A.H.A.—Sonora, Tex.

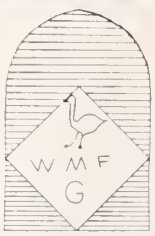
The method used to decorate your double-layered glass bowl probably was "flashing," the process of dipping a glass piece into hot glass of another color in such a manner as to cause only a thin layer of it to adhere. The completed vessel was then cut with a pattern in its thin outer layer, thus revealing the underlying layer with its contrasting color. (A more time consuming and therefore more costly method of making double-layered glass was "casing.") Your glass bowl, c. 1880-1900, is probably of American or English provenance; the latter country was always partial to a square base from the time of the Regency period.

Sheraton-style chest

Can you tell where and when my chest was made and tell me something about its style? M.K.—Santa Barbara, Calif.

Your chest of drawers was made about the 1830s, probably in the Middle West and is a country version of a late 18th-century Sheraton-style piece. It displays one of Sheraton's favorite stylistic devices—the use of slender columns placed at the angles of chests of drawers and similar pieces, extending the entire height from base to top. The top drawer, decorated with spool-turning, is an early Victorian feature.

German samovar set



From the mark and picture, can you identify my tea set and tell me where it was made? Is it a rare item? D.W.—Cheyenne, Wyo.

The distinguishing initials WMF are the symbol of the oldest metal-working factory in southern Germany—the still-active Württembergische Metallwaren-Fabrik, established in 1853 at Geislingen. Your hammered brass service was produced by WMF about 1900; about 2,000 sets were sold.

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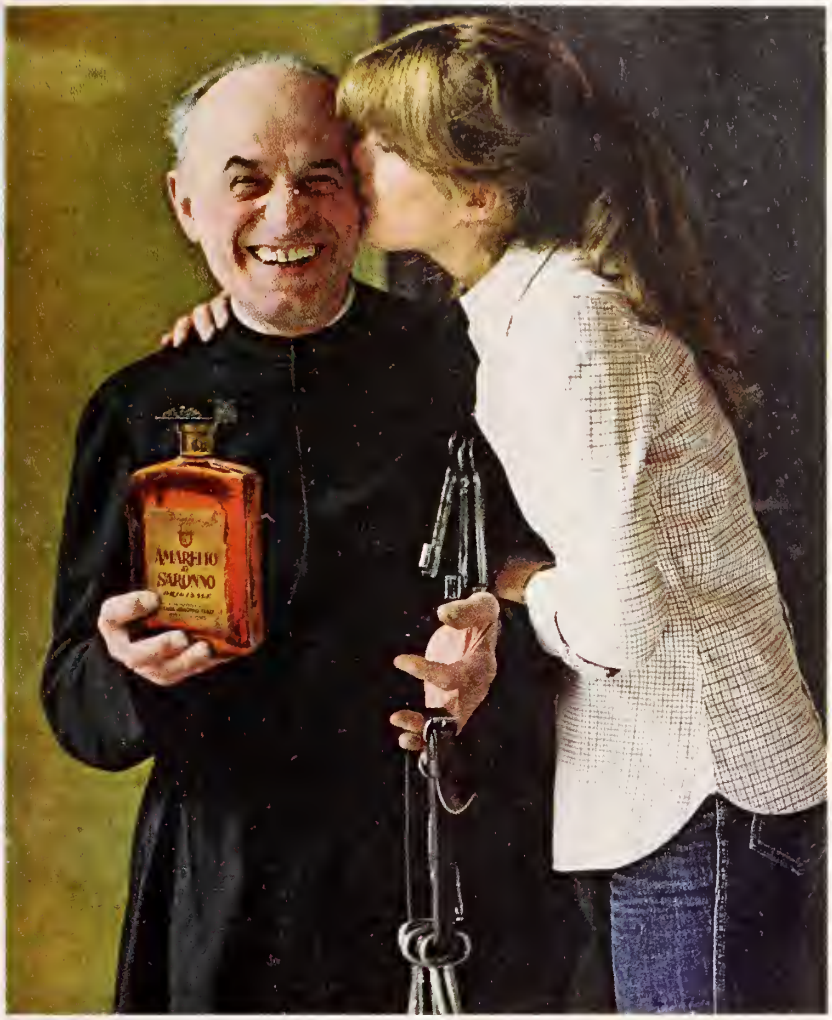

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LOOKING GOOD FEELING FIT

Exercise: Good, Better, Best and how to get there

What you can learn from the new Sports Medicine

By Claire Schoen

There's no doubt about it. Walk through the nearest park and you'll probably see more people jogging and bicycling than strolling. In fact, the chances are good that at some point during the week you too will don your jogging shorts, pull the bike out of the garage, or skip rope 100 times in the basement. Why do you do it? Because it makes you feel good, look good, and you've heard about how good it is for your body, mind, and spirit. But have you wondered if you're getting the maximum benefits from your exercise program? Today, there are as many fitness programs as there are special diets. We've put some simple, often-asked questions from exercise enthusiasts to a distinguished group of doctors whose professional specialties lie in a new area called "Sports Medicine."

Q How important is the regularity of exercise?

A "Many people have to work around what's practical. Once a week is better than not at all," says Dr. John Marshall, founder and director of the Sports Medicine Foundation and orthopedic surgeon at the New York Hospital for Special Surgery. "But three times a week seems to be best. You need time for rest in between, as well as time for a proper workout (an average of 30-40 minutes). Ideally, it's good to alternate aerobic exercises, such as jogging, with somewhat stationary strengthening and stretching exercises."

"People always ask me how often? how far? how fast?" says Dr. George Sheehan, marathon runner, cardiologist, and author of *Running and Being*. "Thirty minutes four times a week, at a comfortable pace, which means that you can talk to someone while you run, is the usual prescription. But I don't think it's been proved whether one-half hour four times a week is better than two hours all at once. Start slowly though," says Dr. Sheehan. "In running this means starting at a brisk walk, then running and walking, and finally running."

Q What is the new "Sports Medicine?"

A Dr. Marshall defines it as "working with people to enhance performance and prevent injury and to protect an injury should it occur." Between 90 to 95 percent of all sports injuries are musclo-skeletal related, he says. "Sports Medicine hopes to help people prevent injury by developing skills early and identifying body types. We are coming up with tests that can match certain body types with specific activities." Currently, Dr. Marshall has come up with a thumb-forearm stretch test that can accurately predict how fast you can run, how high you can jump, the fiber type of your muscles, your muscle reactions, and their susceptibility to injury. While this test and other body-typing tests are not yet available to the public, the Sports Medicine Foundation for Research and Education is working toward that goal.

Q Are there steps I can take to avoid injury?

A "In general, the most common trouble spot is the legs—weak knees, calves, and ankles," says Dr. Marshall. "So it's important to have a good leg-strengthening program, especially since most sports involve some form of running." Dr. Marshall suggests three exercises for the legs. The first, good for the quadriceps (thigh muscles) is simple: Stand with your back against a wall and slide down to assume a sitting position with hips and knees at right angles, feet flat on the floor. Stand like this until your muscles can't hold you up any longer. (This exercise doesn't hurt the knees at all, and is a good strengthener.) The second exercise is good for knees and ankles: Sit on a high table or bench, with weights on your ankles. Bring your feet up, straightening your knees. Hold your legs up until the muscles fatigue. The third exercise is especially good for women. Dr. Marshall explains, "women often complain of stiffness in their calves when running. This can be related to the change from high-heeled shoes to flat shoes and is helped with an exercise that stretches the heel cord." Stand on your toes at the edge of a low step. Drop your heels and hold for a few seconds.

Q Should I continue if it hurts?

A "Yes," says Dr. Marshall. "Your body will tell you when it's reaching its limit. You should push it. With these exercises, do one or two more. Get the muscles to quiver. If you exercise quickly and inefficiently, you do lots of exercising but you don't discipline your muscles. You've got to do enough to deplete the muscles and train them. And if you're running, run just a bit further. Some people put the emphasis on mileage—they end having run 5 miles when in fact they were loping. You have to push to get your pulse rate up, otherwise you're not exercising to the fullest."

Q Should I change my diet in any way to adjust to my exercise program?

A "Not if you're healthy and eating a balanced, nutritional diet already," says Eloise Trescher, R.D., contributing nutrition editor to House & Garden. "Everyone needs to have a day-in-day-out nutritional regimen. For athletes in training, some doctors believe that if you restrict carbohydrates during the training period and then load up on carbohydrates just before the event, you'll increase the glycogen stores which are often depleted in strenuous exercise. But for most people who are in good health, glycogen levels will be taken care of. It's important to have a good breakfast. In fact you should get one quarter of your daily requirement of calories and protein at breakfast. Very few people do this. More should."

Q Are there special foods that will enhance my specific exercise program?

A "Again, no, if you're eating a nutritionally balanced diet to begin with," says Mrs. Trescher.

Q What about eating before and after exercising?

A "It's not a good idea to eat directly before working out. But 2-3 hours previously is all right," says Mrs. Trescher. Dr. Sheehan agrees. "Some people can handle eating just before exercising, but they're not getting 100 percent performance. There are two reasons: Your blood sugar level drops after you've eaten, and you're exercising on a full stomach, which just isn't comfortable." But it is important, say Dr. Sheehan and Mrs. Trescher, to have liquids before exercising. "I take 10-12 ounces of liquids just before the start of a

Continued on page 28

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continued from page 26

race or training run," says Sheehan. Mrs. Trescher says that fluids, with carbohydrates in them, taken just before strenuous exercise are helpful. At a recent symposium in New York on Sports Medicine sponsored by Colgate Women's Sports, Dr. Bernard Gutin, an exercise physiologist, explained that fluid intake can help to keep a runner's body temperature under control. Marathon runners can have temperatures as high as 107 degrees while running a race. Drinking fluids, as well as splashing water on the body, helps to keep the temperature down.

Q Are salt tablets or vitamins necessary to supplement my activity?

A "No, assuming you are eating properly," says Dr. Sarah Short, professor of nutrition at Syracuse University, N.Y. "You won't need salt tablets—you'll get enough in your food. Vitamins should not be necessary either. With women, iron deficiency may be a problem, and iron supplements can be taken."

Q How does exercise affect my skin?

A "The skin is helped indirectly through exercise," says Dr. Norman Orentreich, associate clinical professor of dermatology, New York University School of Medicine. "Your skin is a kind of mirror that will reflect your well being. Vascular changes, those involving your circulation, are exercise and the skin reflects this." Dr. Orentreich explains that people with high blood pressure tend to have a reddish skin tone, while people with low blood pressure appear more sallow, palish. Through regular exercise, circulation is somewhat normalized, giving the skin a more healthy appearance.

Q How can I help my skin during exercise?

A "Be sure to wear the proper sunblock if you're exercising outdoors," says Dr. Orentreich. "If you're running, you want to make sure that friction does not exist between layers of skin. The friction should exist between sock and shoe, not the skin, otherwise you can develop blisters, calluses, etc. That's why proper running shoes are so important."

Q Should I apply special lotions before or after exercise?

A "Not necessarily," says Dr. Orentreich. "One of the best treatments is epidermabrasion. Our skin was designed to be abraded. Each day, we lose the topmost layer of the epidermis. All the lotions and potions we have to protect our skin are not as important as letting the newer layers of skin surface. A good treatment after exercising is to clean the surface skin—with soap and water, washcloth, and astringent, or sloughing sponge—to stimulate circulation and clean off the old skin," says Dr. Orentreich. "This is something other cultures have done for years. The Arabs used sand, the South Polynesians the luffa plant, the Japanese sea sponges."

Q What about exercising in very cold weather?

A "After the hardest part, getting out, the tendency is to overdress," says Dr. Sheehan. "Layer your clothing so you can take some off as you warm up. Also remember that you lose most of your body heat from your hands and head—up to 40 percent is lost through the scalp. I wear a ski mask and mittens. But at 30°F you can run in what you would comfortably wear at room temperature. After the first 6 or 7 minutes, when you start to warm up, you're golden." Dr. Sheehan adds a tip: When you're running in cold weather, start out running against the wind. That way you'll be warmed up on the way back and won't be affected by the wind chill.

Q How do I find the right exercise program for me?

A This is also a part of Sports Medicine research. Through individual profiling, people can be matched to the sport that is best for their body type. But it's also a question of education, according to Dr. Marshall. "Know your sport—read up on it in trade magazines and publications. Find out about the demands of the sport, its technique, how to train for it, what it

Continued on page 32

Exercise without moving a muscle...

"Most people think of skiing as, of course, a physical sport. But the main aspects of ski racing are psychological—confidence, concentration, and the way you handle pressure are most important," says Billy Kidd, former U.S. Olympic skier. If you've ever participated in competitive sports, you'll agree. Mental concentration is essential. Now there's a way to let your mind actually improve your game—at least, in tennis. It's a kit called "Bathroom Tennis" and it is based on the principles of psychocybernetics, the study of psychological control systems. The idea is that when you imagine yourself on the court, playing well, your body eventually responds to the imagined impulses and does perform better. The kit has plastic tennis-court screens that go up on the shower-stall or bathtub wall, and while you bathe you train your mind with specially designed exercises and movements. The book also includes some actual movements to help you with your strokes, too. *Bathroom Tennis* by tennis professional Alan Boltin, Ballantine Books, $10 at bookstores everywhere.

"My husband is my best friend."

When Muriel Osher describes her relationship with her husband, her face lights up. "I talk to him like I talk to my girl friends and he listens. He is always there when I fall on my face. He is not wrapped up in his own life. It is our life."

Taking care of her appearance is also important to Muriel. "...If you don't like yourself, if you don't care what you look like, nobody is going to care what you look like." So even if she's just going grocery shopping, Muriel tries to look nice. And before her husband comes home, she takes the time to put on some lipstick—and a smile.

Muriel uses Oil of Olay in the morning and before she goes to bed. And around the holidays, "when everybody gets a little bubbly feeling," Muriel may use Oil of Olay three times a day. It helps keep her skin from getting too dry, especially in the winter, yet it's "not greasy." Muriel says Oil of Olay feels good, and it makes her feel "like a lady."

Muriel first received Oil of Olay as a gift from a very dear girl friend. "I thought it was very sweet." She thinks it would make a nice gift. "I think it would be a compliment. Like saying, 'Here is a product that I tried and really like.' "

What's the nicest compliment Muriel can think of? Having her husband's friends tell him how terrific she looks. "He beams and it makes me feel good."

Holiday Beauty Tips

1 Share the secret of Oil of Olay® beauty lotion with a friend at Christmas, or with your husband. After all, men get dry skin too. The tropical oil and rich emollients in Oil of Olay smooth and soften skin, creating a luxurious, moist climate for your skin. Oil of Olay could be the surprise stocking stuffer of the holiday season.

2 With all those holiday parties, maybe you are missing some of your beauty sleep. Here's how one very social friend of ours manages to look relaxed and refreshed throughout the season. She soaks in a warm bath for about 20 minutes and lavishes Oil of Olay on her face and neck. The tropical oil and rich emollients in Oil of Olay leave her skin smooth, glowing, radiant. Then off she goes to another party.

"My husband is my best friend."
– Muriel Osher
Chicago

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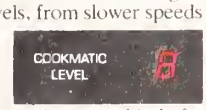

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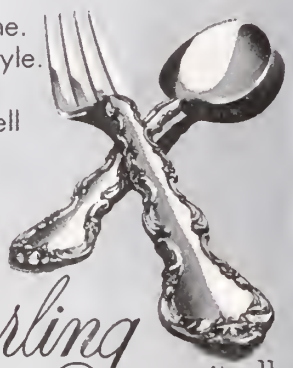

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LOOKING GOOD
FEELING FIT

continued from page 26

ean do for you. Then get a pro to teach you the basics." Dr. Marshall feels that women especially need to learn more about certain sports. One of the programs sponsored by the Foundation for Sports Medicine involves dispelling certain sociological myths about women and competitive sports. "For example," says Dr. Marshall, "women cannot develop bulky muscles (due to certain harmones) and therefore should not be afraid to do muscle building or stretching exereises. For any sport, I follow the rules of the three S's—strength, suppleness, and stamina. Find a form of exereise where you can shoot for all three and you'll accomplish your goals of fitness." ■

Beauty and health products new this month in the stores

One of the prettiest ways to top off a Christmas stocking is with a tiny flacon of perfume dangling from a glossy silk ribbon. Well, this Christmas you'll need at least three stockings for the scents that are arriving right now. The first has been a well-kept seeret for almost a year—*Yves Saint Laurent's* **Opium.** A few smart American travelers brought baek samples from Paris for surprise presents and now everyone wants it. It's "drop-dead" perfume, the kind that came from the Forties, the kind worn by film sirens who made sexy seents famous. Opium will eome in a quarter-ounee flacon in a earved, carnelian-like pendant hung on a length of wine-eolored silk cord for about $35. Only a few stores will have them, though, so check your Yves Saint Laurent eounter to see if your favorite will. These are for sure: Bloomingdale's, Saks Fifth Avenue, Woodward/Lothrop, Burdines, Marshall Field, Sanger Harris, Foley's, Neiman-Marcus, Garfinekel's, I. Magnin, and Sakowitz. The second fragrance is ealled **Chunga** (pronouneed "shunga") by *Weil.* This is a woodsy floral with top notes of essenee of rose, ylang ylang, neroli, sage, pepper, eoriander, and even camomile. Chunga is also a scent designed to develop slowly so that it's never quite the same from hour to hour. A quarter-ounee will eost $22.50, a whole ounce, $60, and parfum de toilette starts at $15. At Wanamaker's and Bonwit Teller, all stores. Your third stoeking will have **sachets filled with potpourri** hanging from their ribbons. They're a blend of dried flowers and herbs in a spiey distillation of the hit fragranee **Calvin Klein** introduced by fashion designer *Calvin Klein* earlier this spring. **Loose potpourri** will eome in one of his distinctive red-laequered boxes, while the saehets have been wrapped in,

Continued on page 50

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PLANTS AROUND THE HOUSE

Easy care greenery

It's hard to go wrong with succulents. They flourish on little water and minimal care

By Richard Langer

Admired for their ability to be left unattended for weeks, cacti somehow don't have the warmth and friendliness of lush greenery. But their easy-to-care-for family, the succulents, offers a variety of fleshy-leaved green plants that are unusual and no fuss at all. Succulents store water in thick swollen leaves or stems, so they are neglectable and you can rest easy when you go away. But while they will survive neglect, they will not thrive on it, so the better you care for them, the better they will grow.

While the cacti are native to the New World, most other varieties of succulents come from Africa and Asia. As a whole, they like plenty of sunshine and since they tend to be top-heavy, a heavy potting soil is necessary to give their root structures enough support. A sandy mix will provide a firm footing and also allow for good drainage, which is also important for succulents.

High on the list of popular succulents is the jade plant, *Crassula argentea*. It is without a doubt one of the best all-around house plants, growing slowly but seemingly forever. Dramatic and carefree, the large specimens add form and texture to any room. Jade trees, like all of the succulents, need to be watered well, but let the soil become reasonably dry before soaking it again.

EDWARD OLEKSAK

Shelves of succulents in a south window.

Cacti are definitely not cuddly. On the other hand, *Kalanchoe tomentosa*, the panda plant, is. The soft soupspoon-shaped leaves are covered by a fine white fur edged in brown. A particular favorite of children, the plant is easily hardy enough for them to care for.

Sedum Morganianum or burro's-tail is often grown indoors in hanging baskets. Its interesting thick leaves make an attractive window plant, but as they are brittle and tend to drop off, be careful not to jostle the plant when watering it.

The pinwheel plants *Aeonium Haworthii* and *Haworthia papillosa*, form leafy rosettes of almost sculptured form. Both like a little more water than the other succulents. Preferring a somewhat cooler climate, they will do well outdoors in the summer. The deep green leaves of the *H. papillosa* are covered with even rows of sugary-looking dots, hence its old popular name, pearly-dots.

Although most succulents are grown for their leaves and form rather than their flowers, *Hoodia rosea*, the African hat plant, will give you both. With star- to saucer-shaped rust-brown flowers that are 2 to 3 inches large, it's a spectacular bloomer for a ½-foot-high plant.

Then for something totally different, there's the string-of-buttons, *Crassula perforata*. Unlike its stocky thick-stemmed cousin, the jade plant, this crassula has wire-thin stems studded with tiny triangular leaves. It's perfect indoors since it is not sensitive to the irregular temperatures of air conditioning and will even tolerate some drafts.

Finally, one last thorny thought. Although there are no cacti outside of the Americas, the crown-of-thorns, *Euphorbia Milii*, looks just like one, needles and all. But it has leaves as well as red or yellow flowers, and a white milky sap just like poinsettias, another euphorbia. Even with the thorns, *E. Milii* is a fun plant to grow. Try to get the dwarf variety, which not only remains more manageable in size, but also doesn't tend to drop its leaves.

FLOWERING STONES

Protective mimicry is an old survival trick among plants. Probably there is no place where this design of nature plays a greater role than in the vast deserts of Nambia and South Africa, home of the flowering stones. Instead of having maple-shaped, lily-shaped, or any other such easily identifiable leaf patterns, these plants come in such basic shapes as sandstone, iron ore, or quartz pebbles. So remarkably like their *(Continued on page 38)*

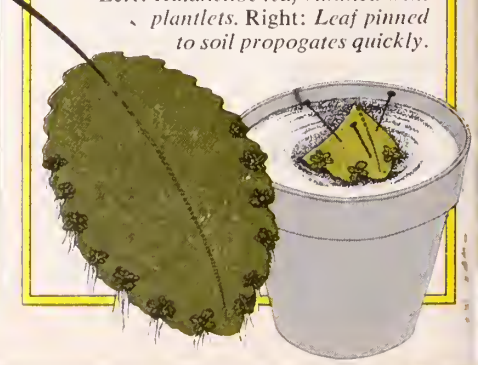
SUSAN McNEILL

INSTANT PLANTS

Succulents are usually adept at propagating themselves. If the soil beneath them is loose and moist, the leaves of *Kalanchoe* and *Crassula* and the like will take root on the spot as soon as they fall off the mature plants. An extreme example of this is *Kalanchoe pinnata*, also called *Bryophyllum pinnatum* and often sold as the "Miracle Leaf." Although intriguing, it is no more a miracle than any other part of nature. Still, the sales pitch is a good one. If you send away for one of these leaves, what you will receive is usually a slightly wilted succulent leaf, and it will look as if it would take at least a minor miracle to get a plant from it. Yet not only will you get one plant, but a half a dozen or more may sprout from it. Each notch in such a leaf will likely produce a new plant if the leaf is laid on a bed of moist soil.

Once a *Kalanchoe pinnata* plant is well under way in its growth, a real population explosion begins. I had one 3-foot specimen that simply couldn't wait to send out new plants. The lower leaves were covered with plantlets even as the parent plant kept growing. There were literally hundreds of them dropping down and taking root all over.

Left: *Kalanchoe leaf rimmed with plantlets.* Right: *Leaf pinned to soil propogates quickly.*



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PLANTS AROUND THE HOUSE

continued from page 36

mineral counterparts as to pass almost completely unnoticed in the wilds, they surprise one with occasional flowers.

The most fascinating group of flowering stones is the *Lithops* genus, often called the "window plants." Their cone-like forms remain almost completely underground. Only their skylight-covered tops are exposed. The hard-working green chlorophyll cells of the plant are *inside*, where they are protected from the harsh elements. Sunlight shines through the skylight, filling the internal core with energy.

For pot growing, *Lithops* such as *L. bella* and *L. turbiniformis* can be planted with most of their cones exposed rather than buried, so you have more to look at. An attractive arrangement can be made by growing a number of stone-mimicking plants together in a pot. Other available genuses to choose from include *Conophytum*, *Fenestraria*, and *Pleisopilos*. Cluster the plants in a shallow dish filled with a mix of a half fine sharp sand, half potting soil. Extra-good drainage is a must. Make sure you use a pot you can live with; stone plants should be repotted very infrequently—say once every decade or so.

Breaking the rules

Many years ago, not knowing any better, I planted a jade tree, *Crassula argentea*, in much too rich soil, gave it far more sun than it should have had, and watered it too frequently. The poor jade tree didn't know I was breaking every rule in the book, and it proceeded to grow, twice as fast as it should have, into a beautiful showy specimen. The pot had excellent drainage, otherwise the plant probably would have rotted. Still, the fact that I did so many things wrong and the plant thrived points out one very fundamental truth about raising house plants. Short of such extremities as never giving your plants any water, trying to grow them in a dark ice box, or total neglect, there are very few rules that can't be bent one way or another. So experiment. If you have extra specimens of the same type, try growing them under slightly different conditions.

Succulents such as *Kalanchoe pinnata* and *Crassula* are ideal candidates for your experiments. Because of their tendency toward multiplication, it's easy —and tempting—to grow new ones all the time. So when you have extras, fertilize them more, or less, than you are accustomed to doing. Change their light conditions, watering schedule, or other microclimatic factors. Testing to extremes will kill a few young plants, but trial and error will also give you an instinctive feeling for how to coax the rest to grow best. ■

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CHRISTMAS GIVING

FROM THE KITCHEN

Carrot pudding, homemade chocolates, banana preserves, plus cookies and bread to make ahead

(see pages 98 and 100)

The farmer's wife's pecan cookies

*From Maida Heatter**

INGREDIENTS

1¼ cups all-purpose flour, sifted
¼ teaspoon baking soda
⅛ teaspoon salt
¼ pound (1 stick) butter, cut into 1-inch pieces
1¼ cups light brown sugar, firmly packed
½ teaspoon vanilla
1 egg
2¼ ounces (⅔ cup) pecans, cut medium fine
36 pecan halves

METHOD

☐ Sift together flour, baking soda, and salt into a bowl and set aside. Place butter pieces in a heavy 2-3-quart saucepan and melt slowly over low heat, stirring occasionally. Remove from heat and stir in the sugar with a heavy wooden spatula. Stir in vanilla and the egg. Add sifted dry ingredients, stirring until smooth. Mix in the cut pecans.

☐ Place rounded teaspoonfuls of dough 2 inches apart on foil-lined cookie sheets. Place a pecan half on each, pressing it gently into the dough. Bake in a preheated 350° oven 12-14 minutes, reversing sheets top to bottom and front to back to ensure even browning. The cookies will rise during baking and then will settle down. They should be medium brown—do not underbake. Slide foil off the sheets and use a wide metal spatula to transfer cookies from the foil to racks to cool. Makes 36 3-inch cookies.

Cheese spread

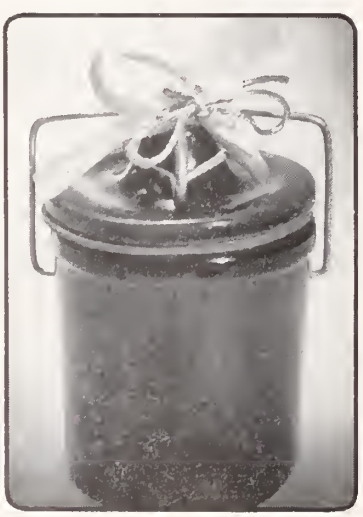
From Mary Cole

INGREDIENTS

2 tablespoons red Burgundy wine
4 tablespoons horseradish
Juice of ½ lemon
1 tablespoon prepared mustard
3 tablespoons Worcestershire sauce
1 clove garlic, minced
10-12 ounces Wispride Cheddar cheese

METHOD

☐ Blend together all ingredients except cheese in a food processor. Blend in cheese a little at a time and process until the mixture is smooth. Or blend all together in a bowl by hand. Pack the mixture into crocks and store in the refrigerator. Bring to room temperature before serving. Makes 1½ cups.



EDWARD OLEKSAK

Lemon thyme vinegar

From Susan Littlefield

INGREDIENTS

1 large bunch fresh lemon thyme
1 quart good quality white wine or distille vinegar (preferably Dessaux Fils)

METHOD

☐ Place the lemon thyme in a large gla container, cover with vinegar, and let mi ture stand for several weeks. Strain tl finished vinegar through cheesecloth in a pretty glass bottle, add a fresh sprig lemon thyme, and top with a cork. Mak 1 quart vinegar. You may follow the sam method for other vinegars, substitutir purple or green basil, tarragon, rosemar dill, oregano for the lemon thyme; thread garlic cloves or shallots on skewe and cover with red wine vinegar.

Continued on page 4

Banana preserve

From Vincent Wolf

INGREDIENTS

2 pounds bananas, sliced in halves lengthwise, then in half again crosswise
⅓ cup sugar
½ cup dark and light raisins, mixed
¼ cup pignoli
6 inches vanilla bean, split open

METHOD

☐ Combine all ingredients in a skillet or saucepan and cook over moderate heat, turning occasionally with a spatula, until the bananas soften but do not lose their shape, and the syrup reaches desired consistency—about 20 minutes. Pack preserves into sterilized jars. Let sit 15 minutes before refrigerating. Makes about a pint.

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Blistik—
The lip shield

continued from page 40

Homemade dark chocolate

From Clare Ruthrauff
Adapted from Kron Chocolatier, New York, N.Y.

INGREDIENTS

6 ounces solid cocoa butter, cut into pieces
5-6 ounces cocoa powder, about 2 cups or less
5-6 ounces confectioners sugar, about 2 cups or less
(Note: For each 6 ounces of cocoa butter, use a total combined weight of 12 ounces cocoa powder and confectioners sugar.)

METHOD

☐ Place cocoa butter in the top of a double boiler over barely simmering water. Begin stirring with a wooden spoon. Gradually add the cocoa powder and sugar and continue stirring slowly until the mixture is smooth and well blended.

☐ Keep the mixture warm in the double boiler (it must be slightly above 91° to remain liquid) and spoon it into fluted tin molds about 1½-2 inches in diameter. Place molds in the refrigerator and leave for an hour or so to harden.

☐ To remove chocolate from molds, loosen sides of molds and pop the hardened chocolate out as you would an ice cube. If the chocolate starts melting as you are unmolding it, it is not ready and you should put it back into the refrigerator for a bit. Makes about 12 molded chocolates.

Oatmeal bread

From Donald Gray

INGREDIENTS

1 package active dry yeast
2 tablespoons honey
1 cup potato water (water you have boiled potatoes in), heated to 100°-110°
1 cup milk, scalded
1¾ cups Old Fashioned Quaker Oats (not the quick-cooking oats)
¼ cup butter, melted
1 tablespoon salt
5-6 cups flour

METHOD

☐ Add yeast and honey to warm potato water in a cup or bowl and stir until completely dissolved. Let proof (mixture will be bubbly and rise a bit).

☐ Combine milk with oats, butter, and salt in a large bowl. Stir and let stand 5-10 minutes. When cooled slightly, add yeast mixture and stir in flour, 1 cup at a time. Continue stirring in flour until dough is firm and not too sticky. Place dough on a floured board and knead about 5 minutes or until dough is smooth and no longer sticky—add more flour as necessary. Place dough in a buttered bowl and lightly butter top and sides of dough. Cover with a clean cloth and let rise in a warm place until doubled in bulk, about 1½ hours.

☐ Punch down and knead dough 3-4 minutes more. Divide and shape into 2 loaves. Place in well-buttered bread pans, cover, and let rise until doubled. Slash tops of the loaves with a sharp knife and bake in a preheated 350° oven 45 minutes or until bread sounds hollow when tapped. Remove loaves from pans and cool on a rack. Makes 2 loaves.

☐ *For oatmeal-cinnamon bread:* After dividing dough into 2 loaves, roll out 1 or both pieces until about 1 inch thick. Lightly brush one side with melted butter and sprinkle liberally with cinnamon and sugar. Roll dough into a sausage shape, fold under the ends, and place in loaf pan. Continue as above.

☐ *For oatmeal-raisin bread:* Add raisins to original dough mixture before mixing in flour and proceed as above.

Bridie McSherry's carrot pudding

From Glorious Food

INGREDIENTS

3 cups carrots, grated (by hand or in a food processor)
3 cups bread crumbs, grated (use day-old white bread)
3 cups dark brown sugar
9 large eggs, room temperature
4 tablespoons vanilla
½ cup plus 1 tablespoon ground cinnamon
2 teaspoons ground cloves
2 teaspoons ground nutmeg
1½ pounds sweet butter, melted, with foam removed
3½ cups flour
3 teaspoons baking soda
½ teaspoon salt
1½ cups pitted dates, chopped small
1½ cups seeded raisins

METHOD

☐ Combine the carrots, bread crumbs, and sugar in a large bowl. Beat eggs until thick and lemony in color and add to carrot mixture with the vanilla, spices, and melted butter, and mix well. Sift together 3 cups flour, baking soda, salt and add to the mixture. Dust the dates and raisins with ½ cup flour and add to the batter, stirring well to incorporate all ingredients.

☐ Fill 12 buttered 1¾-cup molds with mixture to within 1 inch from the top and cover. Place in a pan large enough to hold them comfortably (or do in several batches). Add enough boiling water to cover half the mold and simmer 1 hour.

☐ Cool puddings in the molds on a wire rack, then refrigerate. They will keep 3-4 weeks. To serve, steam again in the same fashion for ½ hour until hot. Serve with sauce anglaise or Grand Marnier sauce. Makes 12 individual puddings. The molds pictured on page 101 are from The Bridge Co., 212 East 52nd St., New York, N.Y. 10022; $2.75 each.

Continued on page 44

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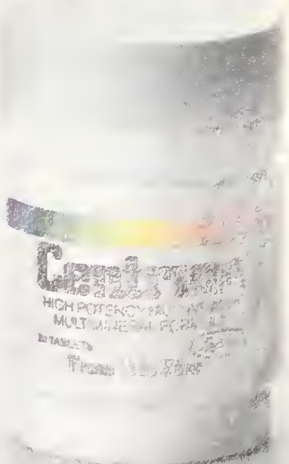

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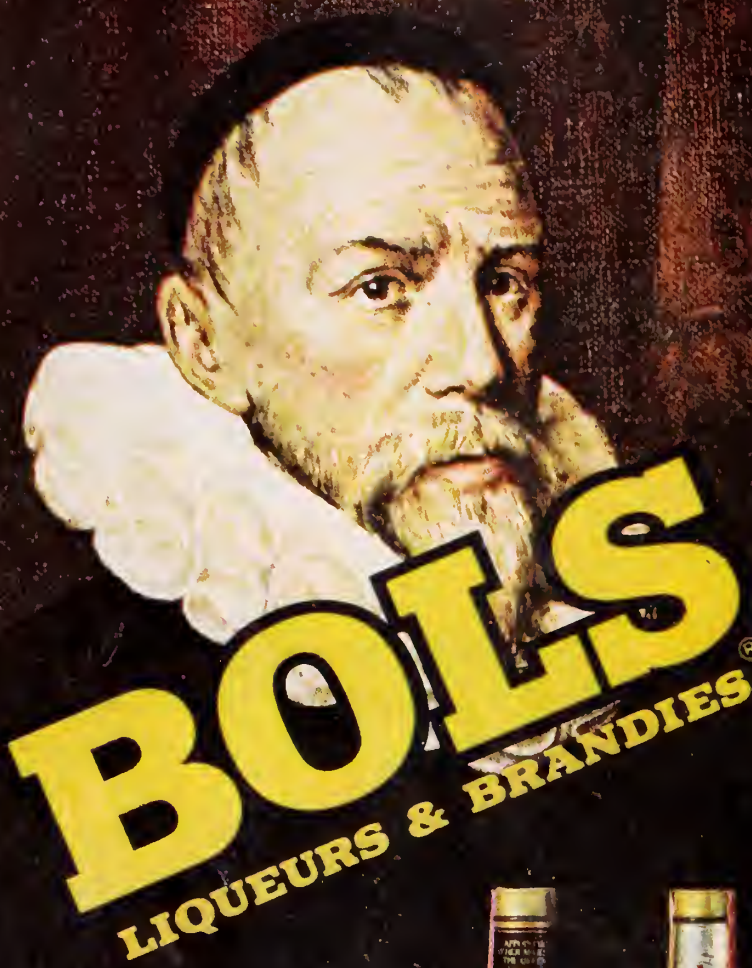

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continued from page 42

Fruit cake

From Glorious Food

INGREDIENTS

1 pound butter, room temperature
1 pound dark brown sugar
12 large eggs, room temperature
1 pound flour plus 1 cup
1 teaspoon baking powder
2 teaspoons cinnamon
1 teaspoon ground mace
½ teaspoon ground cloves
¼ cup cold espresso coffee
4 ounces bittersweet chocolate, melted
2 pounds seeded raisins
1½ pounds currants
½ pound Sultana raisins
1 pound candied cherries
½ pound shredded citron
½ pound candied pineapple, cut in small pieces
¼ pound candied orange zest, shredded
¼ pound candied lemon zest, shredded
½ pound pecans, chopped
½ pound hazelnuts, roasted, skins removed, and coarsely chopped
Cognac, Bourbon, or corn whiskey
Apricot glaze (recipe below)

METHOD

☐ Beat the butter in a bowl at low speed until it is creamy. Continue to mix, then add sugar. Add the eggs, one at a time, beating well after each addition. Add 1 pound flour, baking powder, cinnamon, mace, and cloves. Add cold espresso and melted chocolate to loosen the batter.

☐ Combine fruits and nuts in another large bowl. Dust and toss with 1 cup flour. Add the cake batter and mix well.

☐ Line six 3-3½-cup Kugelhopf (fluted tube pan) molds with buttered brown paper and fill with cake mixture. Bake in preheated 175° oven 1½ hours. Test with a straw for doneness. Allow cakes to cool thoroughly in the pans. Remove from pans and leave in brown paper covering. Wrap cakes in cotton toweling or a few layers of cheesecloth. Douse with cognac, wrap in foil, place in plastic bags, and store in a cool place. It is best to make the cakes at least 2 months in advance and douse them with cognac every week to 10 days to keep them moist. Brush them with apricot glaze before serving or giving away. Makes 6 cakes.

Apricot glaze

INGREDIENTS

1 quart apricot jam
½ cup Bourbon

METHOD

☐ Mix jam and Bourbon together in a saucepan and heat, stirring occasionally. Brush mixture on cakes with a pastry brush. When dry, wrap cake tightly in plastic wrap.

Continued on page 46

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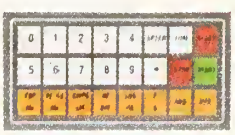

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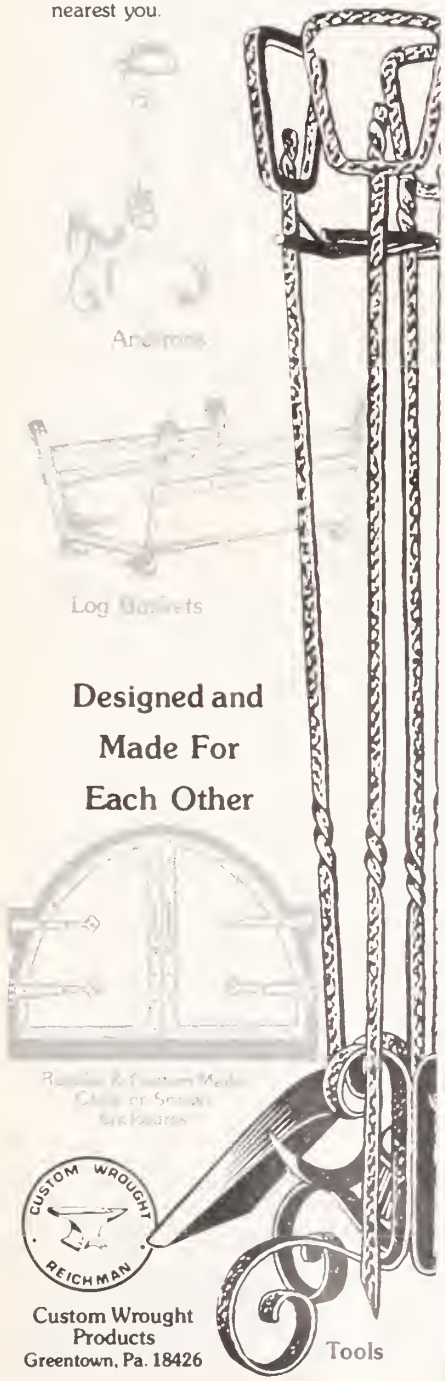

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continued from page 44

Craig Claiborne's chocolate macaroons

*From Maida Heatter**

INGREDIENTS

5 ounces (1 cup) almonds, blanched or unblanched
2 ounces (2 squares) unsweetened chocolate
¾ cup granulated sugar
5 liquid ounces egg whites (3-5 eggs)
½ teaspoon almond extract
12 glacéed cherries, cut into halves, or halved almonds

METHOD

☐ Grind the almonds to a fine powder in a nut grinder, blender, or food processor. Place them in a large, heavy frying pan. Grind the chocolate—whole squares may be ground in a nut grinder, or chocolate may be chopped coarsely and ground in a blender or food processor. Add ground chocolate to the almonds. Add sugar and egg whites. Stir to mix—it will be thick.

☐ Place frying pan over medium heat and, with a wooden or rubber spatula, stir constantly, scraping the bottom and sides. The mixture will become a little thinner; then, as the egg whites start to cook, the mixture will begin to thicken. *Do not let it boil,* and be careful that it does not burn. Cook the mixture, stirring constantly, until it starts to thicken to the consistency of soft mashed potatoes. It will take about 5 minutes altogether.

☐ Remove from heat and transfer to a bowl to stop the cooking. Add almond extract and stir occasionally for about 10 minutes until mixture is tepid.

☐ With a pastry bag about 12 inches long and a #8 star tube, press out rosettes of dough about 1 inch in diameter onto a 12-by-15½-inch foil-lined cookie sheet. Shape them moderately high and place them ½-1 inch apart. (If the mixture was cooked long enough, it will not spread in baking; if cooked too long, dough will be stiff and hard to press through pastry bag.)

☐ Place half a glacéed cherry or halved almond, cut side down, on each macaroon. Bake in a preheated 400° oven 12-13 minutes, reversing cookie sheet front to back once to ensure even baking. The macaroons will feel dry to the touch but will be soft and flexible. Do not overbake—they must remain soft and moist inside. Slide foil off cookie sheet and let stand 5-10 minutes. Use a wide metal spatula to transfer cookies to racks to finish cooling. Makes 24 macaroons.

*From Maida Heatter's Book of Great Cookies by Maida Heatter. Copyright © 1977 by Maida Heatter. Reprinted by permission of Alfred A. Knopf, Inc.

Nut bars

INGREDIENTS FOR PASTRY

1 cup unbleached all-purpose flour
1 tablespoon granulated sugar
¼ cup butter
2 egg yolks, slightly beaten
2 tablespoons water

INGREDIENTS FOR NUT FILLING

2½ cups nuts, grated, walnuts or pecans or a mixture of the two
1 cup granulated sugar
2 tablespoons cold water
1 tablespoon butter, melted
1 teaspoon vanilla extract
1 teaspoon almond extract

INGREDIENTS FOR ICING

2 egg whites
1 cup confectioners sugar (pressed down a bit), plus 2 tablespoons, loosely packed
½ teaspoon almond extract
1 teaspoon lemon juice, freshly squeezed

METHOD FOR PASTRY

☐ Put flour and sugar together in a mixing bowl. Add butter and blend well until the texture becomes like cornmeal.

☐ Beat egg yolks with water in a small bowl, then add to flour-butter mixture. Mix well and shape into a thick square. Put aside to rest or wrap in wax paper and store overnight in the refrigerator.

METHOD FOR FILLING

☐ Put the nuts through a nut grater; measure without packing down. Set aside in a bowl until needed.

☐ Put sugar and water in a saucepan and let rest 15 minutes for water to be absorbed. Set over medium heat until it begins to simmer around the edges. Turn heat up and watch without stirring until the syrup boils briskly all over its surface.

☐ Begin to test for spinning a thread at this point by dipping a spoon in and, holding it above the pan, tilting the spoon and letting the syrup fall back into the pan. When it falls off in 2 drops that run together and leave a thread, remove syrup from heat right away.

☐ Pour the hot syrup into the nuts immediately, stir well. Add melted butter and flavorings. Stir well, set aside to cool. It will be a very soft batter, but will become stiff as it cools. It should be cool enough to put on the pastry in about 25 minutes.

METHOD FOR ICING

☐ Make the icing while the filling is cooling. Beat the egg whites just to soft peaks in a bowl and carefully add the confectioners sugar while stirring. Add almond extract and lemon juice. Beat for a few minutes with an egg beater—3 minutes or so, until icing is smooth. It is a very liquid icing. Set aside until needed.

METHOD FOR ASSEMBLY

☐ Lightly flour a clean surface and roll out the pastry dough in a neat square to about ⅛-inch thickness.

☐ Remove the nut filling from the bowl with your hands and work it a bit in your hands to make it pliable if necessary. It should still be a bit warm. Flatten it out as much as possible, place it in the center of the rolled out pastry, and spread it out evenly to a size of 8 by 9½ inches. If filling is very soft, scrape it out of bowl, and spread out with dinner knives.

☐ Stir the icing well and pour it onto the

Continued on page 48.

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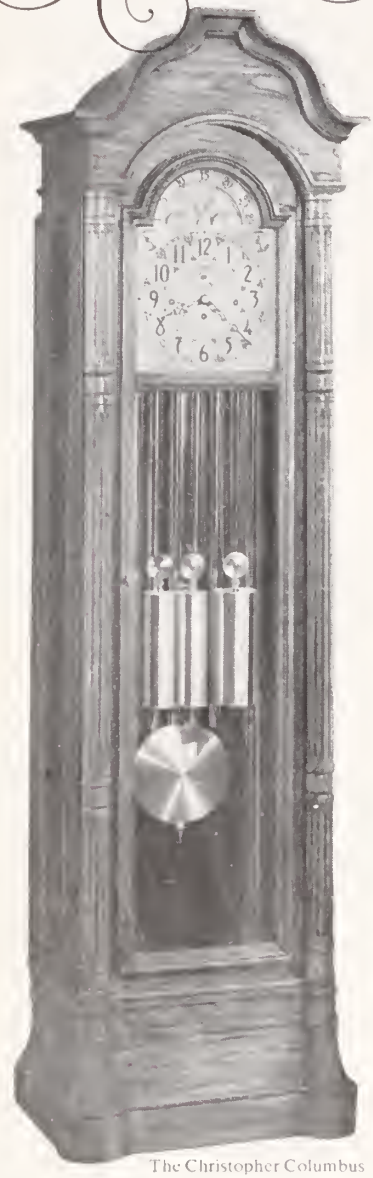

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continued from page 46

center of the filling, spreading it evenly. Take a stout dinner knife and cut the filled pastry into bars about 2½ by ¾ inches. After cutting the pastry into pieces, the icing will run down into the cuts. Wipe the knife with a damp towel after each cut. Cut away the excess pastry and discard.

☐ Push the tip of the dinner knife under the end of each cut bar and lift onto an ungreased cookie sheet, placing them about ½ inch apart. Place the filled cookie sheet in a preheated 325° oven, setting it on the lowest rack. You are mostly concerned with baking the pastry; the iced tops need not brown—they are much more attractive white. Watch closely, and bake only about 12-13 minutes.

☐ Remove from oven and place cookies on a wire rack to cool. When cold, place in a clean tin box with a tight cover; store in a cool, dry place. These cookies keep well for a week or so. Makes about 36.

Special sugar cookies

INGREDIENTS

½ cup butter, room temperature
¾ cup superfine granulated sugar, plus extra for sprinkling
2 medium to large eggs, slightly beaten
1 tablespoon milk
2 cups all-purpose unbleached flour, sifted
2 level teaspoons powdered ginger
½ teaspoon single-acting baking powder (Mix 2 parts cream of tartar and 1 part baking soda. Use as needed)

METHOD

☐ Stir together butter and sugar in a bowl until the mixture is well blended and creamy. Add beaten eggs, stir well. Add milk, stir well. Sift together flour, ginger, and baking powder and stir into butter mixture until dough is well blended and soft, 5-8 minutes. To facilitate handling, spoon dough onto a platter or a round 9-inch heavy plate. Cover well with wax paper, chill in refrigerator overnight.

☐ Lightly dust work surface and rolling pin with flour. Remove dough from refrigerator and divide into 3 parts. Work with ⅓ at a time; return the rest to the refrigerator. Working quickly, shape the piece of chilled dough roughly and roll forward firmly with the rolling pin. Lift dough up and turn after each roll to prevent sticking and dust lightly with flour as needed. Roll out a bit thicker than a quarter. Cut shapes, close together, from the rolled dough with a cookie cutter dipped in flour. Use a knife if needed to lift cookies from surface onto ungreased cookie sheets. This dough is best when not rerolled, so bake the trimmings as they are on a separate sheet or press into tartlet pans. Sprinkle tops of cookies lightly with sugar. Bake in a preheated 375° oven 8-10 minutes, or until just lightly browned—do not overbake. Transfer immediately to wire racks to cool, then store in a tightly covered tin. Makes 50 cookies.

Spritz

INGREDIENTS

1 cup butter, room temperature
½ cup superfine granulated sugar
1 egg yolk, slightly beaten
½ teaspoon vanilla
½ teaspoon almond extract
1¾ cups all-purpose unbleached flour, sifted
Vanilla sugar (sugar that has been in a jar with a vanilla bean)

METHOD

☐ Cream butter in a bowl until satiny smooth. Add sugar and stir until it dissolves. Add beaten egg yolk, stir well. Stir in vanilla and almond extracts. Gradually stir in the flour and mix until dough is smooth and well blended, 4-5 minutes.

☐ Spoon the dough into a cookie press and form cookies in "O" and "S" shapes on an ungreased cookie sheet. Or use a pastry bag fitted with a fat, star tip. Set filled sheet wrapped with wax paper in a cool place for a few hours or overnight to become firmer—this helps cookies keep their shape while baking.

☐ Or shape soft dough into 2 long bars 2 inches wide, chill well. Slice into ⅛-inch slices, place on ungreased cookie sheet.

☐ Bake in a preheated 375° oven 10-12 minutes or until just slightly browned. Cool 2-3 minutes, then use a very thin spatula to transfer them to a wire rack to cool completely. When cold, lightly press face of cookies on a saucer of vanilla sugar. Store in a lined cookie tin in a cool dry place. Makes about 50 cookies.

Nut butter balls

INGREDIENTS

1 cup butter, room temperature
¼ cup superfine granulated sugar
1 teaspoon vanilla
1 teaspoon almond extract
2 cups all-purpose unbleached flour, sifted
2 cups pecans and/or walnuts, grated
Vanilla sugar

METHOD

☐ Blend butter and sugar together until sugar dissolves and mixture becomes creamy. Stir in vanilla and almond extracts. Gradually stir in flour to blend well. Add grated nuts and stir until mixture becomes creamy and light gray in color, about 5 minutes by hand, 3-4 with a mixer.

☐ To facilitate handling, cover and chill dough in refrigerator 2 hours or overnight. Shape into balls using a ½-teaspoon measure and rolling dough quickly in palms of hands. Place shaped dough on ungreased cookie sheet, bake in a preheated 350° oven 10-13 minutes. Do not overbake, cookies will be dry. They need not brown. Remove from oven, let rest on sheet 2-3 minutes before transferring to wire rack to cool. Let cool 15 minutes, roll each cookie in a small bowl of vanilla sugar. Place in a lined cookie tin, cover tightly, store in cool dry place. Makes about 48 cookies. ■

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Mystery and magic of gardening
continued from page 20

clothes protected the ladies, but the tight linen hose fashionable for the men cannot have kept out much damp.

In my own garden, I have made a small oval mound about 2 feet high which creates an interesting diversion between flat areas and helps to accentuate the movement of a patch designed to offset the straightness of a long, narrow plot, though I admit some visitors make snide remarks about the tumulus. Elsewhere I have created a turfed wall about 3 feet high, with an angle carefully sloped to allow maximum comfort when lying out in the sun. I might have used a fence or hedge at this point, which divides off a final section of the plot, but—apart from using up a quantity of unwanted rubble as foundation—it really does provide an unusual feature.

Some of the gardening elements popular in the past are not much seen today, because they take too much time in our rushed existence; I am thinking of topiary and elaborate hedges, and of knots and parterres composed of low bushes needing regular clipping, like the fine example in the restored gardens of George Washington at Mount Vernon. But low edgings of box, santolina, or similar shrublets for garden beds are less demanding, and might be used more often in more or less formal layouts. We are perhaps keener to follow some of the inspiration of the past in making paths and terraces of varied materials. We will find that the Elizabethans were specially keen on bricks used in a multitude of patterns, whereas the Oriental gardener would make mosaic patterns of brick fragments, tiles, pebbles, and so on. Besides these materials we can set large "stepping stones" among smaller ones as many Japanese paths show in imitation of a stream, while in purely decorative corners or around beds or pools, cobbles have great possibilities. This is one sphere where modern materials like composition stones and even concrete carefully textured can hold their own with older ones. Texture is the operative word, for especially in the very small garden, every square inch counts, and the permanent patterning of such materials sets off the seasonal changes in the relatively few plants the small plot can accommodate.

Although there are still plenty of fairly large gardens, the general trend, or certainly in Europe, is toward small plots, tiny yards, roof gardens, and balconies. These, too, are really links with the past: It is clear that many of our ancestors gardened in equally small compass, within defensive walls, moated castles, tight-pressed towns. In crowded Pompeii, for instance, one might make a new window so as to enjoy a more fortunate neighbor's garden, or paint a floral scene on the wall behind a window box.

Whatever the size of the plot, whatever the inspiration for its design, the urge to garden will out in most of us, and I am sorry for those who get no pleasure from gardening. "For"—to finish the quotation from Francis Bacon I used at the start—"it is the greatest refreshment to the spirit of man." ■

New in the stores
continued from page 32

believe it, charmeuse. Tuck them into drawers, hang them from closets, or, and this *is* extravagant, stack them in a straw basket like so many apples. Potpourri, $25 an ounce; sachets, two for $25 at fine department stores everywhere.

Everyone loves a present that's a "two-in-one"—like a pretty container that holds something special. **Aliage Four Seasons Pitcher** is one piece of a group of four porcelains by *Estée Lauder*. It's a small milk pitcher with a delicately painted scene of a country hillside complete with red barn and it's filled with ten ounces of new **Aliage Foaming Bath Grains,** $22.50. The other pieces in the collection include a soap dish and two eachepots, one for a candle and the other to hold a fragrant handful of **Aliage Guest Soaps,** each shaped like a tiny pear. Find them at department stores across the country.

For all the running you have yet to do, remember that your feet and the way they feel affect the way the rest of your body performs. *Riker Laboratories* has just put out a nifty little **10-page booklet** that outlines a daily program of good foot care. It's free with a stamped, self-addressed envelope to "Feet," The 3M Co., Dept. HG, 135 West 50th Street, New York, N.Y. 10020. And here's another helper from Riker, a new complexion kit called **Buf Beauty Basics.** The Buf-Puf—a gentle nylon sloughing pad now comes with its own soap and moisture cream, both developed by one of New York's top dermatologists. The set costs $9.95 and will be at drugstores and department stores everywhere.

PAULA RICE JACKSON

Your fragrance and herbal almanac

The sign: **Sagittarius**
Circa: November 22–December 21

Frankincense and myrrh were aromatic substances made from the gum resins of Boswellia and balsam trees. In ancient times, these solid perfumes for burning were as valuable as gold. Clove, cinnamon, and nutmeg, for which Columbus sailed to America, come from trees also said to belong to Sagittarius. The green, woody fragrance of *Carven's* **Ma Griffe** and the exotic new floral **Courrèges,** from *André Courrèges,* both suit the forthright Sagittarians. **Drakkar** by *Guy Laroche* has a warm spice note for men.

MARIA REACH

DECEMBER HAPPENINGS

Christmas parades, tours, crafts shows, ski races

Here's a peek at what's going on around the country this month: Everyone loves a parade, and on Dec. 2 the Christmas parades begin. The following cities are just a few that will be hosting Santas, elves, and Christmas characters that day: Sacramento, Calif.; Baker, Ore.; Phenix City, Ala.; Derby, Kans.; Lancaster, Calif.; Centre, Ala. A nighttime river parade will take place near Demopolis, Ala., on the banks of the Thombigbee River. Lighted floatboats, fireworks, and Christmas decorations are part of the festivities. In San Diego, Calif., the Christmas parade will also take place on the water, with lighted boats decorating Mission Bay, Dec. 9. For earlybirds, the annual Christmas parade in Beaufort, S.C., will be Nov. 23.

At Oakleigh Museum in Mobile, Ala., candlelight tours through the ante-bellum home are planned for Dec. 2 and 3. Decorations will be from the 19th century. In Houston, Tex., the houses in Sam Houston Park will be open for candlelight tours on Dec. 13, 14, 15.

What's Christmas without a tree? In *New York City,* the tree goes up in Rockefeller Center and is lit the first week in December. On Dec. 10, in *Sanger, Calif.,* you can take a trip to see the "National Christmas Tree" in the giant sequoia park. Special speakers and a lighting display will be among the festivities. Other trees to look for: in *Hartford, Conn.,* over 100 handcrafted trees, from miniatures to 5 feet in height, will be displayed in the Civic Center. Also in Connecticut: Mrs. Olive DuBois will construct her 11th annual miniature gingerbread village from scratch at the White Hart Inn in *Salisbury.*

For many people, the "Nutcracker Suite" is synonymous with Christmas. There are performances in *New York,* Nov. 30-Dec. 31; *Chicago,* Dec. 15-31; *Birmingham, Ala.,* Dec. 8-10; *Hays, Kans.,* Dec. 10; and *Houston,* Dec. 21-23.

In *Philadelphia,* the Christmas Carnival and Winter Flower Show will take place Nov. 25-Dec. 3. Flowers are also on exhibit all month at Bellingrath Gardens in *Theodore, Ala.,* where the poinsettias grow over 5 feet tall!

If you're a skier, spend some holiday time at a cross-country ski race. A few races of special interest: *Steamboat Springs, Colo.,* the junior competitions, Dec. 14 and 15; the World Cup Championship, *Telemark, Wisc.,* Dec. 20; domestic team competitions, *Glens Falls, N.Y.,* Dec. 28 and *Lake Placid, N.Y.,* Dec. 30. On Dec. 31, jumping competitions will be held at *Westby, Wisc.,* and *Lake Placid, N.Y.*

San Franciscans can continue to enjoy the spirit of the Dickens fair on weekends through Dec. 23, while in *Galveston, Tex.,* the "Dickens Evening on the Strand" will be held, Dec. 10. For more international flavor, "Christmas Around the World" will be the theme of exhibits around the country. Chicago's Museum of Science and Industry will host an exhibit from Nov. 25-Jan. 7 and in Seattle a similar show will run from Dec. 2-Jan. 2 at the Museum of History and Industry.

Arts and crafts [illegible] the 19th annual "Christmas Extravaganza" arts and crafts festival in [illegible], Calif., Dec. 2; the 5th annual Christmas arts and crafts fair in Coalman, Ala., Nov. 30 and Dec. 1; Crafts International, *Seattle, Wash.,* Nov. 17-Dec. 31; the Christmas Crafts Exhibition and Sale, *New Haven, Conn.,* Dec. 1-22; and the *Stuttgart, Ark.,* arts and crafts festival Nov. 24-25. The occasion for this last festival is the World Champion Duck Calling Contest, held in Stuttgart, Nov. 21-25.

For what's going on in your area, contact your chamber of commerce or state department of tourism. ■ CLAIRE SCHOEN

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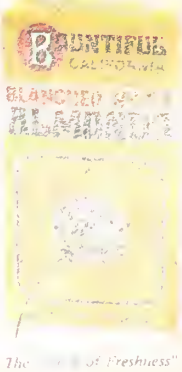

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SPECIAL BOOKS FOR SPECIAL INTERESTS

For the art lover, nature lover, or gung-ho cook, gardener, craftsman, scholar, or anyone who enjoys a good read

The book that makes a splendid Christmas present is the one that appeals to a person's particular interests or, when chosen carefully, will generate a whole new interest or avocation. Here are some that should do the trick.

One of the handsomest books of any season, **The Audubon Society Book of Wildflowers** (Abrams, $37.50) by Les Line and Walter Henricks Hodge is "a basket of fresh wildflowers presented to the world, a spectacular bouquet of 181 photographs . . . to represent every major habitat on Earth from the deciduous woodlands to the treeless barrens of the Far North." So say the authors, and spectacular is certainly the right word.

Another beautiful book of flowers—this time in inventive, lovely arrangements you can duplicate in your home—is **Decorating with Flowers** (Abrams, $35). The ingenious arrangements were created by Ronaldo Maia and photographed by Ernst Beadle in actual room settings. The text by Denise Otis, remarkably readable and full of information, explains why the particular flowers and containers were chosen and how to do the arrangements yourself or adapt them to your own circumstances.

Around Christmas there are always collections by great photographers. Among this season's best: **Avedon: Photographs 1947-1977** (Farrar, Straus & Giroux, $50). A large-format book, in black and white, it represents the epitome of Richard Avedon's skill, with dozens of the outstanding fashion photographs of the last three decades plus a cavalcade of celebrities—Hepburn, Baez, Loren, Tina Turner, Bette Midler . . . If the Avedon photographs represent the "to dream over world," then Walker Evans's show the world as it is. **Walker Evans First and Last** (Harper & Row, $29.95) presents the harshly realistic—and beautiful—photographs spanning 45 years of the late photographer's work. There is no text; the pictures speak for themselves; the message is clear, whether they be photographs of street scenes, slum houses, a poor family in a small Southern town, a series of portraits or even inanimate objects such as a monkey wrench or pliers. . . . **Flashback! The 50's** (Knopf, $12.95) is Eve Arnold's record of a raucous era. The famous are here and so are the infamous, as are revealing photographs of presidential candidates and their campaigns and candid looks at people from all walks of life.

In **Carnival in Rio** (Hawthorn, $19.95), the gaudy, colorful, steamy, often sleazy, sometimes shocking pageant of Carnival week is caught trenchantly by the brilliant camera work of Douglas and Lena Villiers and the perceptive text of Albert Goldman.

Probably the most photographed city in the world, Paris can still be made exciting, vital, moving in the hands of a master photographer. This is exactly the case with **The Joy of Paris** (Vendome/Viking, $17.95) by Bernard Hermann . . . **Hemingway's Paris** (Scribners, $14.95) by Robert E. Gajdusek will delight both Paris and Hemingway devotees. Scene after scene of the Paris Hemingway inhabited—his houses, his haunts, his favorite racetracks and sporting arenas—are presented in lavish photographs with accompanying text consisting of quotes from Hemingway, from his writings, by friends, and by people who have written about him.

Worth checking out:* **Antarctica** (Dutton, $29.95 until Jan. 1; then $35) by Eliot Porter. **Portraits—the Photography of Carl Van Vechten** (Bobbs-Merrill, $24.95). **Painted Ladies** (Dutton, $17.50) by Morley Baer, Michael Larsen, and Elizabeth Pomada. The "ladies" are San Francisco house façades.

The arts: fine, fun, fantastic

Masterpieces of Primitive Art (Knopf, $30) with photographs by Lee Boltin, text by Douglas Newton offers, in full color, the superb Nelson A. Rockefeller collection—masks, animals, jewelry, vessels, human figures worked in precious metals, wood, cloth, feathers, shells.

The Art of Natural History (Overlook Press, $49.50 until Dec. 31; then $60) by S. Peter Dance concentrates on realistic animal illustration from the cave paintings of prehistory to modern times. . . . **The Illustrated Bird** (Doubleday/Dolphin, $6.95) edited by Maggie Oster concerns itself only with avian painting and sculpture and presents the works from primitive painters to great masters. Almost 30 species of birds are illustrated.

For the budding collector: **Prints: The Facts and Fun of Collecting** (Dutton, $19.95; $10.95 paperback) by Randy Rosen is chock full of information on how prints are made; how they differ; what determines their value; their care, framing, preserving; reference sources for authenticating and researching them.

Worth checking out: **The Arts of David Levine** (Knopf, $25). **The Arts of Japan** (Kodansha International, 2 vols., $16.50 each) by Seiroku Noma.

Architecture and the Decorative Arts

Beyond Metabolism: The New Japanese Architecture (McGraw-Hill, $19.95) by Michael Franklin Ross features the work of the new wave of Japanese architects who came after the Metabolist movement and discusses the national and cultural climate that helped create these new ideas and explorations. A thoughtful, scholarly book, profusely illustrated.

In the field of the decorative arts, several books recommend themselves as being authoritative, well-illustrated, readable. **American Rugs and Carpets** (Morrow, $25) by Helene Von Rosenstiel. A historical survey of rugs, carpets, and other coverings that have graced America's floors over the past 300 years. . . . **The Book of Tapestry** (Vendome/Viking Press, $35 until Dec. 31; then $40). Chosen from museums and private collections, works from the 12th century to contemporary abstractions.

The Encyclopedia of the Decorative Arts 1890-1940 (Van Nostrand Reinhold, $35) edited by Philippe Garner. All the movements of the first half of the 20th century—Art Nouveau, Art Deco, Modernism, Revivalism, Surrealism, Industrial Design, as interpreted throughout the world in furniture, interiors, jewelry, metalwork, graphics, fashion.

Worth checking out: **Dictionary of 19th c. Antiques and Later Objets d'Art** (Putnam, $22.50) by George Savage. **The Oriental Rug** (Harper & Row, $35) by Luciano Coen and Louise Dunean.

Thoughts for food

The cookbook everyone will want this year: **Julia Child & Company** (Knopf, $15; $8.95 paperback). Tying in with Mrs. Child's new TV series and containing the recipes she will demonstrate, this book finds the French Chef demonstrating recipes from many parts of the world.

Diana Kennedy, whose previous books on Mexican cuisine were smash hits, realizes a good thing when she hits on it. Ergo: **Recipes from the Regional Cooks of Mexico** (Harper & Row, $12.95) with 120 new recipes which Ms. Kennedy

Continued on page 56

*When we went to press, many new books weren't ready for review, but indications are they merit checking out at your local bookstore. Some are listed at the section ends.

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Special books
continued from page 52

culled by traveling throughout Mexico, interviewing chefs and housewives, snooping in restaurants and kitchens. . . . Marcella Hazan found her success with Italian cuisine. Ergo: **More Classic Italian Cooking** (Knopf, $15). This one has 220 new recipes with suggested menus to go with them. (For a sample, see page 134.)

One of the most unusual of the many new books on Oriental cuisine is Lilah Kan's **Chinese Casserole Cookery** (Workman, $8.95; $4.95 paperback), described by the publisher: "The first American book to present the ancient art of one-dish, family-style cookery traditional to all Chinese cuisines. . . . It is an alternative to the split-second showmanship and sometime hysteria of chopping and stir-frying."

Yogurt is an ultra-popular food these days, but not everyone knows how to cook with it. Anne Lanigan in **The Yogurt Gourmet** (Quick Fox, $5.95) presents recipes from appetizers to desserts—such tempters as apple and crabmeat appetizers, cauliflower soufflé, cold apricot soufflé—even tells how to make your own yogurt (frozen yogurt, too) without special equipment.

The food processor has swept the country by storm and Mary Moon Hemingway and Suzanne de Lima, whose "Food Processor Magic" was one of the best books telling how to use it, now offer **Food Processor Baking Magic** (Hastings House, $12.95). These ladies, who teach the use of the processor, offer a sumptuous collection of breads, cakes, puddings, cookies, pastries.

Today's newest out-of-the-closet addict is the "choc-aholic" and if you've got some on your list, here's a gift they'll love: **The Chocolate Lovers' Companion** (Quick Fox, $6.95) by Norman Kolpas. Chocolate—its history, how it's made, its variations, nutritional value, and calorie-laden recipes.

Worth checking out: **From My Mother's Kitchen** (Harper & Row, $10.95) by Mimi Sheraton. **The Cook's Companion** (Crown, $14.95) by Doris McFerran Townsend. **The Chinese Cookery Encyclopedia** (A & W, $14.95) by Kenneth Lo.

For busy hands

Good do-it-yourself books give succinct, easy-to-follow instructions; provide illustrated how-to's where necessary; and show pictures of the finished product that make it seem worthwhile to try them. Here are some that live up to these specifications: **Maggie Lane's Oriental Patchwork** (Scribners, $16.95)—12 designs for clothing, including coats, jacket, shirt, caftan, inspired by clothing that has been worn in the Orient for centuries. . . . **The Needleworker's Constant Companion** (Viking, $29.95) edited by Susannah Read. Hundreds of projects for dressmaking, knitting, crocheting, embroidery, general home sewing. . . .

For needlepointers: **Museum Masterpieces in Needlepoint** (Houghton Mifflin, $14.95) by Brande Ormond. A challenge for the practiced needlepointer to recreate a Gauguin, Matisse, Van Gogh, or any of 9 other masterworks. . . . **Oriental Images** (Viking, $17.95) by Shirley Marein. Original designs inspired by Oriental art, with patterns graphed for needlepoint or ready to copy for embroidery, rug hooking, appliqué, and patchwork. . . . **Victorian Designs in Needlepoint** (Holt, Rinehart & Winston, $10.95; $5.95 paperback) by Phyllis Kluger. Victorian patterns suggested by turn-of-the-century decorative art. Each design is accompanied by an illustration of its original work—an Aubrey Beardsley flower, a Tiffany lamp.

Miscellaneous crafts: If you're told to go fly a kite, you can make it with **Kites: Sculpting the Sky** (Pantheon, $4.95 paperback) by Tsutomu Hiroi. These kites are small works of art and would look smashing in a child's room or your heart-of-the-house room. . . . **Quilting in Squares** (Scribners, $12.95) by Katherine Fisher and Elizabeth Kay. How to make a quilt one square at a time. Traditional and contemporary patterns. . . . **Naturally Powered Old Time Toys** (Lippincott, $12.95; $6.95 paperback) by Marjorie Henderson and Elizabeth Wilkinson provides fun for the carpenter in the family, who can now make sun yachts, sail cars, monkey on a string, and other moving toys.

Two beautiful crafts books that do not tell *how* to do it yourself, but show the indigenous crafts of the country and explain their origin and techniques are **Spanish Folk Crafts** by M.A. Pelauzy and **Mexican Folk Crafts** by Carlos Espejel (Universe Books, $30 each).

Worth checking out: **A Gardener's Book of Needlepoint** (Simon and Schuster, $9.95) by Meg Merrill, Jack Bodi, and Catherine di Montezemolo. **Left-handed Crochet** (Van Nostrand Reinhold, $5.95) by Regina Hurlburt.

How does your garden grow

The Garden as a Fine Art (Houghton Mifflin, $20) by F. R. Cowell describes gardens ranging from the dawn of civilization until today, chosen from all over the world and illustrated with old drawings, woodcuts, photographs. . . . Another garden history, lavishly illustrated, is **The Garden** (Viking, $22.50; Penguin, $11.95 paperback) by Julia S. Berrall. A lively presentation of fashions in gardening throughout the centuries. Many of the gardens shown can still be visited.

Everyone with even the palest green thumb will find popular TV personality James Underwood Crockett's new book

Continued on page 58

The French have
always had impressive taste in gifts.
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THE DRIER LIQUEUR
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AND
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BENEDICTINE
Imported from France. 86 proof.
WILE
NEW YORK

Crockett's Indoor Garden (Little, Brown, $17.50; $9.95 paperback) extremely helpful. Each chapter covers one month of the year and each entry provides complete cultural information on the plants, their requirements, care, method of propagation, history, and a list of varieties.

Rewarding reading . . .

The most discussed—and read—biography of the season will probably be Arthur M. Schlesinger, Jr.'s **Robert Kennedy and His Times** (Houghton Mifflin, $19.95). It makes fascinating reading whether you are a Kennedy admirer (Schlesinger is and it shows) or not.

In **A Distant Mirror** (Knopf, $15.95), Barbara W. Tuchman examines the 14th century, particularly in France and England—a turbulent time, the countries torn apart by the Hundred Years' War, the Black Plague, the Papal Schism, and the slow death of the age of chivalry. In the hands of an adept such as Mrs. Tuchman, the book is a prime example of how history can be made enthralling and as immediate as today's news.

By the time you're through with Lawrence Durrell's **The Greek Islands** (Viking, $25), you'll probably have your bags packed. There are very few people who can relate the past to the present in prose so seductive. He knows the islands thoroughly, their history, mythology, their contemporary ambiance and conveys it all with humor and scholarship that never slips into pedantry—a joy to read.

John Cheever has been a prolific—and marvelous—short story writer for a good many years and a collection of 61 of **The Stories of John Cheever** (Knopf, $15), is a major literary event. Great for the bedside table.

Worth checking into: **E. M. Forster, a Life** (Harcourt Brace Jovanovich, $19.95) by P. N. Furbank.

. . . And ready reference

For every student and home library: the new **Cosmopolitan World Atlas** (Rand McNally, $29.95). It measures about 11 by 14¾ so the maps are large and easy to read. The atlas includes a section of U.S. travel maps, tables of population figures, global views, environment maps.

The reviews and articles by Walter Terry, dean of American dance critics, which span 40 years and are collected in **I Was There** (Dekker, $25) provide invaluable research material for dance students (and aficionados).

From us to you

The editors of House & Garden have produced this year several books that we think will be of special interest to our readers. They are: **House & Garden's Book of Remodeling** (Viking Penguin, $35). Hundreds of innovative ideas for remodeling every room in your house, lavishly illustrated with before and after pictures and floor plans. . . . **Decorating with Plants** (Pantheon, $12.95). Over 200 varieties of plants shown in rooms by top architects and interior designers. All illustrations in color. . . . **The House & Garden Book of Total Health** (Putnam, $11.95). Advice from 50 doctors and other experts for the whole family on how to have a healthy body, recipes from famous health spas, exercises, low-calorie entertaining, weight control. . . . **Storage** (Pantheon, $12.95). Solutions to every kind of storage problem imaginable, with the simplest shelf to architectural storage, where storage is an integral part of the total design. . . . **Solar Houses** (Pantheon, $15.95; $8.95 paperback) by Louis Gropp. 48 energy-saving houses across the country, over 130 easy-to-follow floor plans and diagrams, which give the layman a clear idea how the solar systems work in each house. You can order any House & Garden book by writing Condé Nast Books, P.O. Box 3308, Grand Central Station, New York, N.Y. 10017, enclosing check or money order for the price plus $1 for postage and handling. ■

Bring your aching back to the Pollenex® Deep Heat® Back Massager

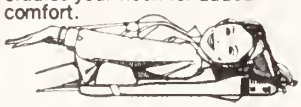
Two forms of doctor-recommended treatment in one electric appliance

The Pollenex Deep Heat® Back Massager treats your aching back with either penetrating infra-red heat, soothing massage, or a combination of both.

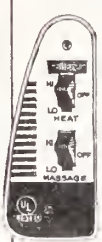
Doctors often recommend heat and massage to increase circulation and bring fast, temporary relief to backs aching from the pains of arthritis, neuritis, sprains and strains. The flexible "fingers" of the Deep Heat Back Massager deliver thousands of relaxing pulsations per minute. And because it covers an area of more than 400 sq. inches, it brings benefits from the nape of your neck to the base of your spine.

Make yourself comfortable

Enjoy a heat massage treatment in your favorite chair, or use the Deep Heat Back Massager lying down. Extra padding at the top gently cradles your neck for added comfort.



Customize your comfort



This 8-way comfort control lets you choose the combination of heat and massage you need. Pamper tender muscles with gentle massage. Later, work up to more vigorous massage. Add the heat level that feels best, or use heat alone. Underwriters Laboratories listed. UL

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WCI

MONEY MATTERS

By Paul Gross

The working-marriage gain plan

Financial strategies for the two-paycheck family

Go to any cocktail party these days, and chances are you'll find that almost everybody there has a career. Couples, where both the husband and the wife work, are fast becoming the rule rather than the exception—thanks to inflation, women's liberation, and the American dream of getting further ahead. According to some observers, this trend is the most significant social phenomenon in the United States today. In some cases, working couples reap psychological, as well as financial, rewards that benefit the family. On the other hand, working couples also have to contend with a greater number of options and potential problems than couples that have only one breadwinner. They may wade into a number of personal, tax, estate planning, insurance, and investment traps. And that's a shame, because it's fairly easy to work it all out.

Your first step is to consider your finances together. Agreeing on your goals and what each of you is prepared to do to achieve them is essential.

Now for the nitty gritty: Taxes. Working couples are taxed at a higher rate than they would be if they weren't married. For example, a married couple, each of whom makes $20,000 a year, generally pays 15 percent more in income taxes than they would as singles. So first, make sure that you grab every tax deduction that you can legally reach for. As obvious as that sounds, you would be surprised how many people overlook hundreds of dollars of tax deductions that they're entitled to—such as child care, children's medical costs and business related entertainment. And finally, don't overlook the cost of tax advice because of your complicated incomes.

Tax strategies

How to map out your tax strategy depends on the tax bracket each of you are in. Let's look at the two basic possibilities. In one case, you both make about the same amount of money. In the other, one spouse earns far more than the other. If both you and your spouse make essentially the same salary, you should probably share as many deductions as possible. Hence, you should consider owning your home jointly so that you can both deduct the interest payments, property taxes, and so on. By the same token, you should also think about borrowing money jointly so that both of you can deduct the interest.

Sometimes it also pays for a couple who make essentially the same salary to file separate returns. For example, if one of you has been ill, while the other healthy, you might benefit from paying your taxes separately. Let's say that the spouse who had been ill racked up $2,000 in medical bills, which isn't all that uncommon these days. If you filed jointly, you would only be able to take a medical deduction of $800. Reason: under the tax code, you can only deduct medical costs in excess of 3 percent of your adjusted gross income. So, in this case, 3 percent of $40,000 equals $1,200, so that only $800 of your $2,000 expenses is in excess of this. However, if you filed separately, the spouse who had been ill would be able to deduct $1,400 in medical costs. That's almost twice as much as what would have been deductible if they filed jointly. The math works out this way: 3 percent of $20,000 equals $600; and $2,000 minus $600 leaves $1,400.

Alternatively, spouses who make the same salaries might consider a tactic of bunching up as many deductions as possible into one year, and then taking the zero bracket deduction the next year. For example, you could bunch up your medical deductions by taking your annual physical and dental checkups in January and then again in late December, to push you over the 3 percent mark. That doubles your regular medical deductions for that year and at the same time you should also schedule any medical work that has to be done in that year so that you could nail down as many medical deductions as possible. Then, the next year, you would—if possible—stay away from the doctor's and dentist's offices to avoid wasting medical deductions. You can also bunch up charitable deductions, business-related expenses, and other deductible costs. If one spouse makes less than the other, filing jointly probably makes the most sense. The spouse that makes less pulls down the average income, and hence the tax bracket becomes lower. And since we have a graduated income tax system, the more you can lower your tax bracket, the better off you'll be.

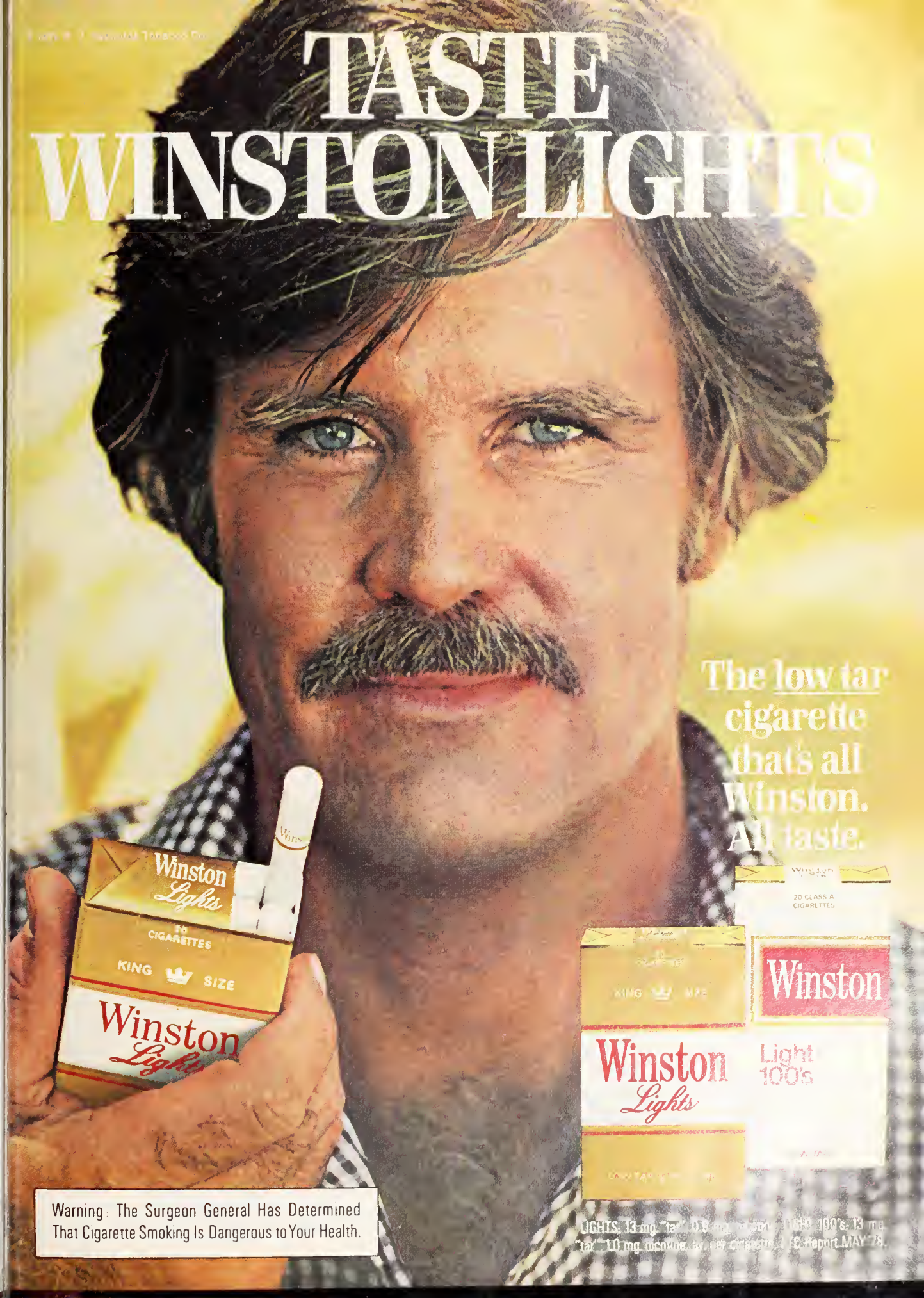
Wise investment

Of course, the higher your tax bracket is, the more you should lean towards investments that shelter or defer income taxes. For example, a municipal bond that carries a yield of 7½ percent gives you the equivalent of a regular corporate bond that yields 15 percent if you're in the 50 percent tax bracket. By contrast, a savings account that pays 5½ percent interest actually gives you 2¾ percent interest after taxes if you're in the 50 percent bracket. And if you think that's better than nothing, think again. Since inflation is clipping along at a much higher rate, you're actually losing money—albeit safely. You can also defer taxes on investments such as stocks, real estate, corporate bonds that are bought at a discount, and deferred annuities.

Because taxes gouge more and more out of what you make as your income rises, try to take advantage as much as possible of any fringe benefits you're entitled to. For instance, take pension plans. The money earned by your contributions to your company's pension plan is sheltered from taxes until you withdraw it. In essence, it compounds tax free until you retire. While you will eventually have to pay an income tax on those earnings, you will get some special tax breaks. What's more, you will be in a lower tax bracket after you retire. That gives you a dramatic break. Let's say that you and your spouse have a joint income of $40,000 a year. Assume further that your boss is the kind we all dream of having. He gives you a $1,000 bonus every year. Moreover, he also gives you a choice of getting it as a deposit in a special savings account that pays 10 percent interest a year or as a contribution to the pension plan—which also earns 10 percent a year. If you ever meet your dream boss, take the pension. It will be worth $98,350 in 25 years, while the savings account would only add up to $33,465.

In fact, it sometimes makes sense to ask your employer for an increase in fringe benefits such as improved health insurance coverage instead of a raise. Employer-paid health insurance coverage and many other benefits are tax free. Take health insurance. A good policy might cost $500 or more a year. If you were in the 50 percent tax bracket, you would need to earn $1,000 to buy that policy. Finally, if you are in a high tax bracket because of your joint incomes, you might also consider shifting some of your income to your children. They're probably in a much lower tax bracket than you are. You can give up to $3,000 a year to each child ($6,000 if you make the gift jointly with your spouse). Any income earned by the money or securities you give your children is their tax liability—not yours. And since they are in a much lower tax bracket than you are, more of that income will stay in the

Continued on page 62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Warning: The Surgeon General Has Determined
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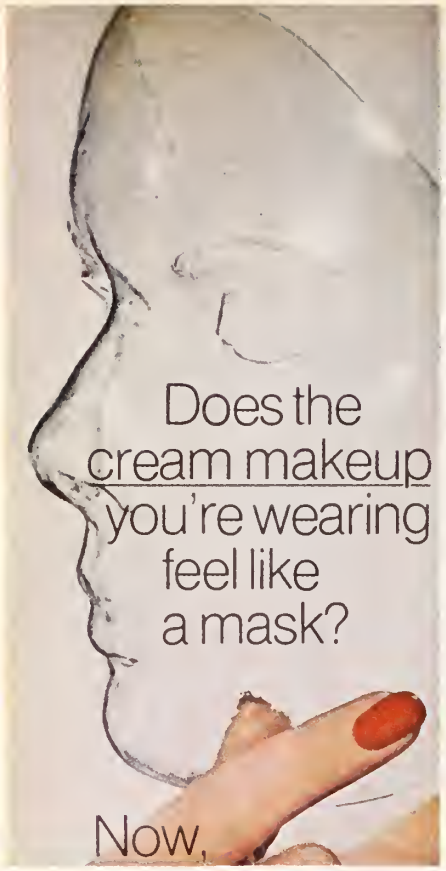

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'Moisture Whip'® Cream Makeup, with continuous moisturizing action, helps hide tiny lines and flaws, keeps your skin dewy-fresh! So light, it blends smoothly with your natural skin tones, in 6 natural-looking shades

'Moisture Whip' Cream Makeup

Maybelline

Fine make-up sensibly priced

MONEY MATTERS

continued from page 60

family and out of Uncle Sam's clutches. In fact, your children may not have to pay any taxes at all. Moreover, as long as you provide more than 50 percent of their support, you can continue to claim them as a dependent and hence take all of the appropriate deductions. The sweet part is that the money you give your children can be used to pay for their education, weddings, or to give them a good start in life.

Insurance—
a matter of priorities

A number of working couples make the mistake of buying too much life insurance and not enough disability insurance. The fact of the matter is that while you do need some life insurance, you don't need as much as a couple where only one spouse works. Since both of you are working, there will always be some income coming in if one of you should die.

Instead of spending too much on life insurance, you would be better off investing some of that money on disability insurance. Consider: Your income will be reduced significantly, while your expenses may rise dramatically—depending on the type of disability. Generally speaking, figure that you'll need enough disability insurance to cover between one-half to two-thirds of your current income. Of course, some of that disability income could come from the earnings on bonds, stocks, or real estate, which would mean that you'd need less disability insurance than you might otherwise have to get.

Since disability insurance is fairly expensive, you might consider getting a policy with a 6-month or one-year waiting period before the benefits start coming in. The longer the waiting period is, the cheaper the disability policy will be. Moreover, you probably have enough savings to tide you over for the 6 months or a year if one of you were disabled.

One final note: Make sure that the disability policy you buy will pay benefits for a disability that prevents you from working at your current job only. That way, if you're partially disabled and can work at another type of job or work part-time, the policy will continue to pay benefits. ■

How to save on double income taxes

One of the greatest problems working couples face is the tax man. As your income rises, so does the weight of taxes. Fortunately, there are some ways of deferring the taxes on your investment income to some time in the future when you'll be in a lower tax bracket—say, when you retire. What's more, deferring taxes on your income from investments will help them grow much faster than they might otherwise. Investments that are sheltered from taxes compound much more quickly because there's more working for you. Here's a quick guide to some tax deferral investments.

Tax shelters in real estate, oil and gas programs, and so on are probably the most glamorous investments around. Tax shelters are as complex an investment as you could care to make. Calling them a tax shelter is actually a mistake. They are actually tax-deferred schemes. At some point, you will be liable for taxes.

Deferred annuities are like savings accounts in which the income earned is not taxed until you pull out the money. As with any kind of tax-deferral scheme, you benefit from the fact that the money earned by the annuity compounds tax free for a while—until you withdraw it. However, deferred annuities can also be fairly tricky. Some have huge front-end loads—management and sales fees. The higher the front-end load, the less money you have working for you. What's more, many of the companies that don't charge a front-end load, will get you at the back end by charging you a fee when you withdraw your money. And finally, the interest rate paid by a deferred annuity will probably fluctuate. The companies that offer deferred annuities only guarantee a minimum interest rate—usually 3 or 4 percent.

Municipal bonds let you earn income that's sheltered from federal as well as state and local taxes. That's terrific. However, the money earned is sometimes difficult to reinvest in municipal bonds—which makes compounding difficult. What's worse, the value of the bond may fall. When interest rates rise, the prices of existing bonds fall. Here's why: Assume that you have a bond that you bought for $1,000 when it paid 8½ percent interest a year. Assume further that interest rates have since risen and people can now buy bonds that yield 9 percent a year for $1,000. Given those circumstances, all other things being equal, investors will demand the higher yielding bond—not yours, unless its price falls to the point where it yields what a new bond does. In this case, the bond you bought for $1,000 would have to fall to $900 before it yielded 9½ percent.

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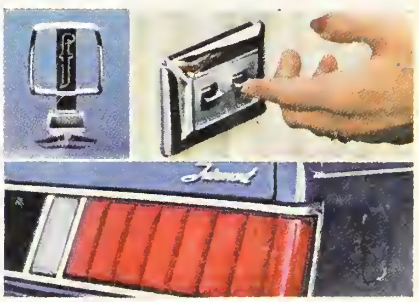
Now is a sporty way of life. Futura matches it with a sporty rack and pinion steering and an economical 2.3 litre overhead cam engine with 4-speed manual transmission.*

Now means personal style. Add your own touch. Order your own personal Futura to your own personal taste.

Now is a flip-up open air roof... open up your roof and let the sunshine in.

Now means you've got your own style... and we've got the car to match.



Now means luxury touches and high style, coming and going. Why not the optional touch of power windows?

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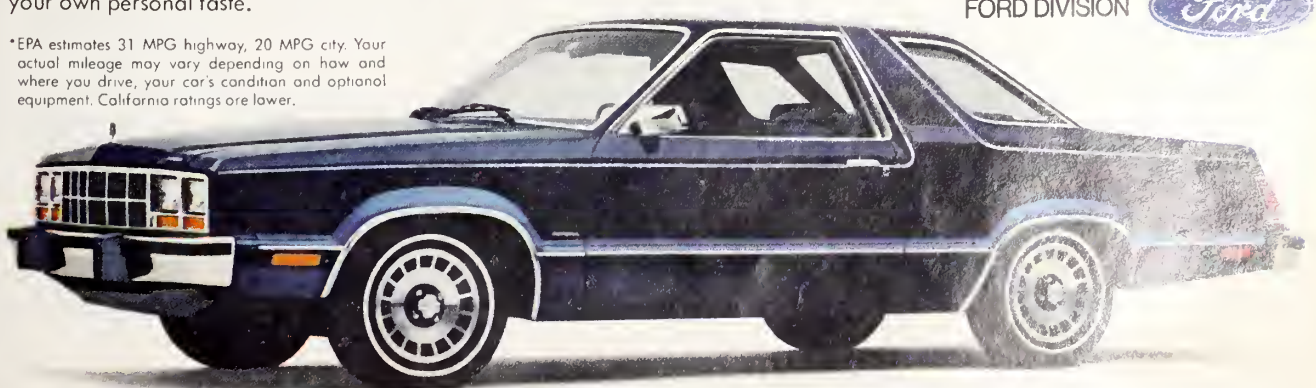


The future isn't someday, it's now. Why wait? Step into the '79 Futura—now!

The E.P.T.® In-Home Early Pregnancy Test is a private little revolution any woman can easily buy at her drugstore.

It is highly accurate. Millions of women today in 13 European countries use this testing method. Now its high accuracy rate has been verified here in America by doctors who clinically confirmed the results of tests performed by women themselves in their own homes.

That means you can confidently do this easy pregnancy test yourself — privately — right at home without waiting for appointments or delays. That simple difference is the result of many years of costly research. And it's worth every penny.

At last, early knowledge of pregnancy belongs easily and accurately to us all. It's simple. Fast. And there is no risk, no physical danger whatever, in doing it because a sample of your first morning urine is all that's needed for the test.

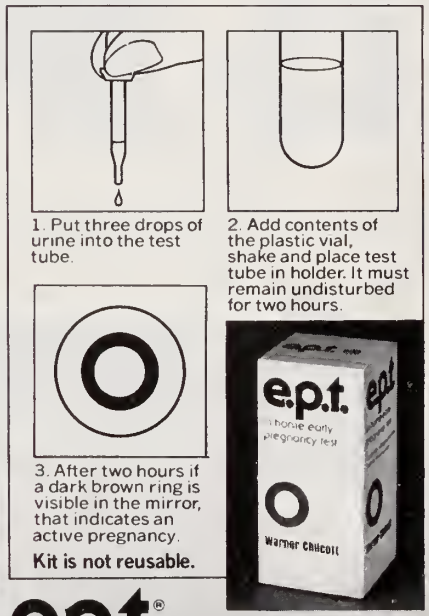
As soon as you become pregnant, your body starts to produce a special hormone — HCG. Starting on the 9th day after the date you expected your menstrual period to begin, there should be sufficient concentration of HCG in your urine to give an accurate reading of pregnancy. And that's all there is to it. Follow the test directions with care, and three drops of urine can tell you quickly and easily what you want to know.

If you get a positive reading, you can assume you are pregnant. Such positive pregnancy readings in our clinical tests proved to be 97% accurate. If your reading is negative, your overdue period should begin soon. If a week passes and you still have not started menstruating, you should take a second E.P.T. test because there may not have been sufficient HCG in your urine at the time of the first test, or you may have miscalculated your period. Negative readings on a first test are about 80% accurate; on repeat testing one week later they are 91% accurate. If your second test result is still negative and your period has not begun, we urge you to consult your doctor as soon as possible.

E.P.T. is very simple to do, but it is important that you follow the instructions carefully to insure an accurate reading.

E.P.T. Early Pregnancy Test gives women a new power, the power of time to help control the quality of their pregnancies.

The first 60 days are critical in fetal development. Improper nutrition, cigarettes, alcohol, even commonly used household medications can be harmful in these crucial first 60 days before most women even know for sure that they are pregnant. Now with E.P.T. you can know. Now, when you call your doctor, you have the results of your test to report. And time is on your side at last.



e.p.t.® in-home early pregnancy test

At last, an accurate early pregnancy test that women can do at home quickly, safely and very easily.

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When you add these advantages to a product that will never go out of style, is available in hundreds of colors and textures, and has built-in permanence, you can't lose.

When you're ready to buy or build, call your local Acme Brick representative (listed in the Yellow Pages in most major cities) for our free booklet on how to get Acme all around advantages in your new home. Or write Acme Brick Homes, 2821 West Seventh Street, Fort Worth, Texas 76107.

ACME BRICK. THE BEST THING TO HAVE AROUND YOUR HOUSE.

EARLY AMERICAN DESSERTS

Traditional custards and confections to revive for Christmas parties *(see page 120)*

Nut sweet

From "The Thirteen Colonies Cookbook" (Praeger)

INGREDIENTS

2 cups maple sugar or brown sugar
¼ cup water
1 tablespoon butter
1 cup hickory nuts or walnuts, broken into pieces

METHOD

☐ Combine sugar, water, and butter in a saucepan. Cook over low heat until a candy thermometer indicates 238°, or until syrup dropped in cold water forms a soft ball. Add nuts. Remove pan from heat and stir until the candy is thick. Drop by spoonfuls onto waxed paper and let harden.

Almond custards

From "Antique Desserts," Constantia Books, P.O. Box 1137, Greenwich, Conn. 06830. $2.95.

INGREDIENTS

2 cups heavy cream
1 stick cinnamon
3 ounces blanched almonds, ground
1 teaspoon rose water
½ cup sugar
1 egg, plus 5 egg yolks
2 tablespoons brandy

METHOD

☐ Combine cream and cinnamon stick in a saucepan and bring to a boil. Remove cinnamon. Add almonds, rose water, and sugar.

☐ Beat egg and egg yolks together in a separate pan, place over low heat, and add hot cream mixture, stirring constantly. Continue cooking and stirring until the custard coats a spoon. Stir in the brandy. Pour custard into small pots or glass dishes and chill. Serves 6.

Macaroons

From "Antique Desserts"

INGREDIENTS

¼ pound blanched almonds, ground
¾ cup sugar
1 tablespoon flour
¼ teaspoon salt
½ teaspoon rose water
2 egg whites
Confectioners sugar

MARIS-SEMEL

Christmas desserts at Winterthur

METHOD

☐ Mix together almonds, sugar, flour, and salt in a bowl. Beat in rose water and egg whites, one at a time, blending well after each, until the mixture forms a smooth, stiff dough. Fill a pastry bag with the dough and squeeze small rounds onto a baking sheet lined with brown paper. Dust with confectioners sugar. Bake in a preheated 350° oven 15 minutes or until firm. To remove macaroons from paper, cool, then moisten back of paper and lift off.

Whiggs

From "Antique Desserts"

INGREDIENTS

1 package active dry yeast
¼ cup warm water
1½ cups warm milk
7 cups flour, sifted
2 teaspoons salt
1 egg, beaten
½ cup sugar
½ cup butter, melted
¼ cup caraway seeds or comfits (made by cooking 1 cup granulated or raw sugar with 6 tablespoons caraway seeds over moderate heat until sugar melts and barely colors—spread thinly on buttered cookie sheets, cool, and break into pieces; beat with a hammer or heavy spoon to make a coarse powder for cooking)

METHOD

☐ Dissolve the yeast in the warm water in a large bowl and let sit 5 minutes. Add milk to the yeast mixture. Sift together into a bowl 6 cups of the flour and the salt and add to the yeast mixture. Stir in the egg, sugar, butter, and caraway seeds. Cover the bowl with a clean cloth, set in a warm place, and allow to double in bulk.

☐ Stir dough down and beat in the last cup of flour gradually—add only enough to make a dough which can be kneaded. Place dough on a floured surface and knead well. Put in a buttered bowl and allow to rise again until doubled. Roll dough out on a floured surface and cut into small wedge shapes. Place on buttered baking sheets and bake in a preheated 375° oven 20-25 minutes. Makes about 48.

Snowballs

*From "The Delectable Past"**

INGREDIENTS

2 egg whites
4 tablespoons sugar
Pie pastry (made with 2½ cups flour)
6 large baking apples, peeled and cored
Sugar and cinnamon, mixed
Drained, crushed pineapple or preserved fruit
Confectioners sugar

METHOD

☐ Beat the egg whites in a bowl until they hold a soft shape. Add the sugar and continue beating until the egg whites hold stiff peaks.

☐ Roll out a thin square of pie pastry large enough to encase each apple completely. (It is best to complete each apple before rolling out pastry for the next one.)

☐ Sprinkle each apple liberally with cinnamon and sugar, spread meringue on the bottom of the apple, and set the apple in the center of its square of pastry. Fill the core with crushed pineapple or preserved fruit. Cover the apple entirely with meringue about ¼ inch thick or thicker. Bring the pastry up around the apple, snip away any excess at the corners, and pinch them tightly closed. Bake the apples in a preheated 450° oven 10 minutes. Reduce heat to 375° and continue baking 40 minutes. While the apples are baking mix the confectioners sugar with enough water to make a fairly thin icing. When apples are done, place a dab of icing on the top of each one and let it dribble down the sides. Serve immediately. Serves 6. ■

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An American Original

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Boggs Cranberry Liqueur
An American Original

HOW TO WRAP UP CHRISTMAS

More about the homemade presents and wrappings you'll find throughout this issue, plus instructions for making some of them

Inventive new roles for your favorite decorations: classic cranberries and popcorn are the star of the tree; ordinary fruits perform as sugar-glistened ornaments or fragrant spice baskets; scraps of calico turn into puffy wreaths and candy-bearers; and ginger cookies, molded into moons and suns, orbit among the branches. Take your cues, below:

Chubby cotton wreaths *(page 94)*
Cut seven to ten 5-inch circles from various calicos and ginghams. Baste around the edge of each circle, leaving long ends of thread for tying later. Place a puff of fiberfill in the center of each circle, pull the basting stitch tight, and tie to enclose the fiberfill. Thread all the puffy balls in a chain so that gathered ends are hidden, and form a wreath by tying at the top. Sew a loop of red thread on the back of the wreath for hanging and top with a velvet or calico bow.*

Sugar-sparkled fruit *(page 97)*
Collect small fruits—lady apples, tangerines, lemons, limes, small bunches of grapes, pears, kumquats. Dip each in egg white, then in granulated sugar. Set on waxed paper to dry. Use a darning needle to thread satin ribbon, thin gold cord, or a double length of buttonhole twist through the stems or flesh of the fruit to make a loop for hanging.

Popcorn and cranberry star *(page 97)*
Cut 4 to 8 lengths of thin, stiff florist's wire. Bundle them together with a lightweight wooden stick (the type used in floral arrangements is ideal), and wrap another wire around the center to hold them together. Bend wires out into a star shape. Bend another length of wire into a flat spiral and string on cranberries like beads. Wire to the center of the star. Spear popcorn onto the wire star, and wire the stick onto the treetop.

Orange and lemon spice baskets *(page 113)*
To cut oranges and lemons into basket shapes, mentally divide the fruit into 4 quarters. Cut a 90-degree wedge from each of the top quarters, leaving a ½-inch space between them for a handle. Carefully and thoroughly, scoop out meat. To preserve the basket, set in a dish and dust with orris root (available at pharmacies) twice a day for 1 to 2 weeks. (Baskets will last 3-4 days without being preserved.) Fill each basket with a different spice: cinnamon sticks, whole cloves, peppermint, ginger, anise, star anise, and lemon verbena. Fragrances mingle on the tree.

Herb wreath *(page 99)*
Materials: 10-inch straw wreath from a florist, Christmas shop, or craft store; gardening shears; fern pins; florist's tape; florist's adhesive; thin wire.
Herbs, dry and fresh: (Some herbs, such as santolina, work better fresh, since they are fragile when dry.) *First layer:* artemisias—cudweed, wormwood, southernwood, Silver King—plus santolina, germander, lady's-mantle flowers. *Top layer:* achillea, lavender, lamb's-ears, tansy, feverfew, pearly everlasting, globe amaranth. *Tucked-in:* rosemary, common thyme, lemon thyme, sage, oregano, marjoram, cinnamon sticks, and bay leaves. Vanilla beans, ginger, and whole nutmeg can also be used. And for even more Christmas spirit, add frankincense and myrrh. (If you don't have these herbs, create your own assortment.)
Method: Gather fresh herbs in the morning. Assemble all herbs on a large table to plan your design. Wrap wire around top center of wreath and twist a strong loop for hanging. Remember, finished diameter of the wreath will be much wider. Tape dry herbs, and any herb that is small or hard to handle, in small individual bunches. Fill in outer edge of wreath, starting at the top and working clockwise, alternating herbs. For example, hold a dry bunch of Silver King in place with your thumb, add a fresh green bunch of germander, and anchor securely with fern pins. Fill in inner circumference in the same way. The herbs reach out to each other, and the wreath grows wider and fuller. Pin on top layer of herbs, including herbal flowers. Tuck in remaining herbs, using fast-drying floral adhesive to add cinnamon sticks and bay leaves.

You can special-order a ready-made herb wreath (finished diameter, about 14 inches) for $30 ppd. from Mary Lou Riddle, Stillridge Herb Farm, 10370 Rt. 99, Woodstock, Md. 21163 (visits by appointment only, 301-465-8348). Allow 6-8 weeks; cannot guarantee delivery for this Christmas. Catalogue, 35¢. Also visit Stillridge Herb Shop, 8129 Main St., Ellicott City, Md. 21043.

Scandinavian ginger cookie ornaments *(pages 96-97)*
Combine 2¼ cups sugar, ¾ cup water, ⅜ cup dark corn syrup, 1¼ teaspoons cinnamon, 2 teaspoons ground cloves, and 1 tablespoon ginger in a saucepan. Place over moderate heat and stir until sugar is dissolved. Remove from heat, add ½ pound plus 2 tablespoons butter or margarine, and stir until cool. Dissolve 1 tablespoon baking soda in 1 tablespoon water and add to mixture. Gradually add 8 cups flour and work in until dough is firm. To form each cookie, pat a 1½-inch ball of dough between the hands until flat and slightly smaller than the mold. Dust lightly with flour and press dough into entire surface of the mold (here "Celestial Themes" stoneware cookie molds by Hartstone. Ordering information below). Turn mold upside down and gently work dough out of the mold. Place on cookie sheet and bake in a preheated 350° oven 10 minutes. When cool, draw a needle threaded with buttonhole twist through the top of each cookie (not too close to the edge) to form a loop for hanging. Makes 30 cookies.

Four "Celestial Themes" cookie molds

Continued on page 74

**You can order the cotton wreath and all the tree ornaments on page 94 from The Silo, Upland Rd., RFD #3, New Milford, Conn. 06776. Add $1.50 to each order for postage and handling. Write for information on ornament workshops. Batik Santa, doll, horse, bird, by Carlita Hunt, $7. Batik cat and lion by Eloise Wilkinson, $4. Stuffed candy cane by Calico Patches, $3.50. Antique lace ornament by Marilyn Emerson, $6.50. Hand-crocheted star by Hildie Balazs, $3.50. Cotton wreath by Barbara Ballard, $3.50. Macramé ring by Nina Hunter, $3.50. Sequined and buttoned balls, by Shirley Gripp, small and Saturn shape, $2.50; medium, $3.50; large, $5. Fused glass bell by Priscilla Porter, $2.50. Ram by Kari Lønning, $300.*

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Hood ornaments are one easy way to tell Granada from Mercedes at a glance...

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Another way is to look at Granada's sticker price.

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Source of all 'tar' and nicotine disclosures in this ad is either FTC Report May 1978 or FTC Method.
Of All Brands Sold: Lowest tar: 0.5 mg. 'tar,' 0.05 mg. nicotine av. per cigarette, FTC Report May 1978.
Golden Lights: Kings — 8 mg. 'tar,' 0.7 mg. nicotine;
100's — 10 mg. 'tar,' 0.9 mg. nicotine av. per cigarette by FTC Method.

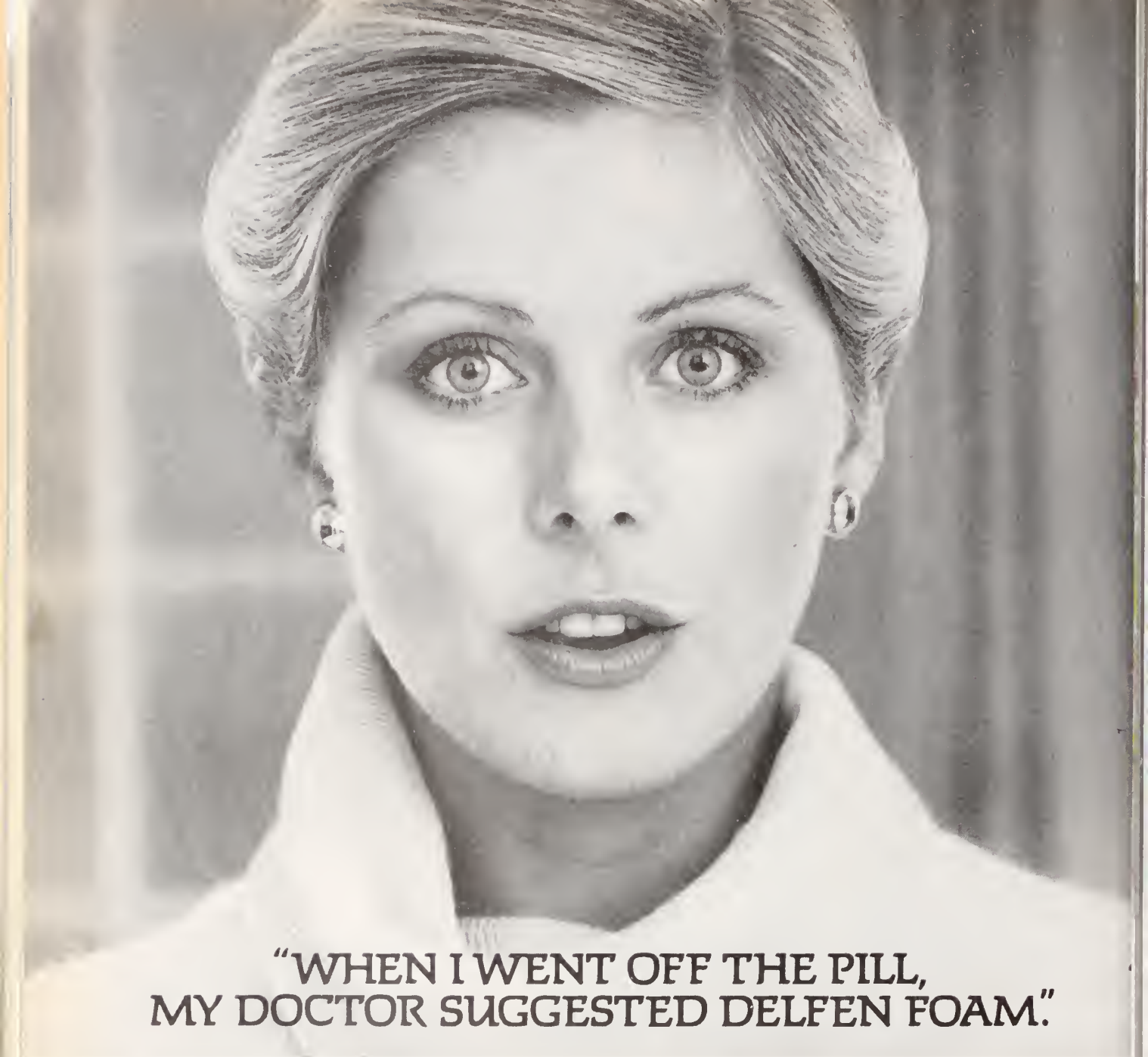
Lights

100's only 10 mg. tar

ower in tar than all these brands:

19	13	19	17	12	11	19	18
MG. TAR	MG. TAR	MG. TAR	MG. TAR	MG. TAR	MG. TAR	MG. TAR	MG. TAR
MG. NIC.	1.0 MG. NIC.	1.3 MG. NIC.	1.1 MG. NIC.	0.8 MG. NIC.	0.7 MG. NIC.	1.4 MG. NIC.	1.3 MG. NIC.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.



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Safe. Millions of women have used Delfen safely. It's gentle to delicate vaginal tissues and non-irritating for most women. No wonder so many doctors recommend Delfen. Yet, you don't need a prescription for it.

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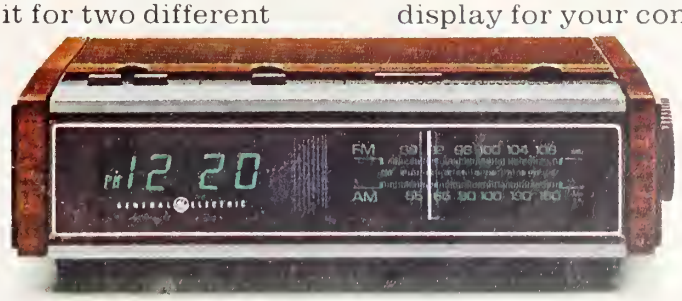


THE NEW GE 'HIS 'N HERS' ELECTRONIC DIGITAL CLOCK RADIO

It even displays the month and date at the push of a button. And because it's electronic, it's accurate and quiet.

The GE 'His 'N Hers' Clock Radio. With two separate wake-up times.

Model 7-4685

GENERAL ELECTRIC

continued from page 68

(moon, sun, crescent moon, Saturn) with instructions and recipes, order $17 ppd. from Cachet, 97 Central St., Wellesley, Mass. 02181; or buy directly from Patricia Moore, Aspen, Colo.; The Bentwood, Chapel Hill, N.C.; The Gold Place, Southfield, Mich.

Pages 100-101

Supper sack: A complete dinner is in the bag. Red wine, linguine, Parmesan, Romano and pesto with parsley.

Pint-size shopping bags: (Perfect for tiny gifts like jewelry, perfume, or, as shown, homemade potpourri). Measure the circumference of a 2-by-4 block of wood. Cut paper (maps for a traveler, recipe pages for a cook) a little wider than this measurement, and about 2 inches higher than you want your finished bag to be. Fold the long edge of the paper under to form the top edge of the bag, and wrap around the block of wood, right side out, with bottom edge extending about an inch. Glue bag together, placing seam on the side. Fold paper extending from the block of wood as if you were wrapping a present: top flap down, sides in, bottom up. Glue. Slide bag off block of wood. To make handles, cut a strip of tissue paper, roll and twist it between your fingers. Dab on glue to keep it from untwisting. Cut and bend into two handle shapes, gluing one to front and one to back of bag. Reinforce handles by gluing 2 thin strips of paper over handle ends. For authenticity, add fold lines to your bag, using a real bag as your guide.

Pasta tower: Viva Italia! Red, white, and green pasta (from Pasta & Cheese, New York City; or make your own, Jan. '77 House & Garden) in a glass jar, centered on a pizza pan, tied with ribbons.

Ginger folk: Ginger people and assorted Christmas cookies in a big glass cookie jar, topped with a tartan bow and a sprig of evergreen.

Crate of cookies: Pecan cookies* in a saucepan and mixed chocolate macaroons*.

Trumpeting amaryllis: Ruby-red flowers last for about 3 weeks, bloom year after year at Christmas. Get yours at a florist, garden shop, hardware store.

Calico candy man: Cut out two pieces of calico, using a gingerbread-man cookie cutter as your pattern. Sew a small pocket to the back piece to hold candy canes, then sew back to front, right sides together, leaving a small opening to turn. Stuff lightly with fiberfill, stitch opening closed, and trim with rickrack. Add a face and buttons of felt. Hang from a rickrack loop.

Crock of cheese: A spicy spread.

Herb vinegar: A twig of lemon thyme in a bottle of white wine vinegar*.

Wreath for Rover: Wrap inch-wide red satin ribbon around a 6-inch wreath of white plastic foam, securing each end with a staple in back. Then, using half-inch green grosgrain ribbon, wrap small dog biscuits to the wreath, again stapling ribbon ends in back. Add a bow to the top of the wreath. Slip out biscuits to feed your pet.

Lion centerpiece: A child's pull toy, crowned with a wreath, decorated with greens, a clothespin doll, a tiny train, miniature presents, and tiny gold balls.

Lace-edged baby pillows: Buy a baby pillow. Sew a white cotton pillowcase for it, measuring 4 inches longer and wider than the pillow itself, with an overlap opening in back to slip the pillow in. To form the border, run a line of stitching 2 inches in from the edge of the pillowcase. Stitch on lace—here, new lace that looks like old-fashioned crochet.

Homemade chocolates: Make fresh dark chocolates*, cook in tiny tin molds. Unmold and pack in a larger fluted mold. Wrap the entire assortment in clear cellophane, tie with a big white ribbon. (Molds are available at Manhattan Ad Hoc Housewares, 842 Lexington Ave., New York, N.Y. 10021, housewares departments, gourmet shops.)

Presents for Pooch: Decorate a special box with your dog's name, line with tissue paper, fill with dog dish, biscuits, toys, rawhide chew sticks, and top with a big red pom-pom.

Up-and-coming paper-whites: Half-fill a terra-cotta pot with soil, pebbles, or marbles. Add bulbs, pointed ends up, and continue covering until only about ½ of each bulb shows. Water. Place in a cool dark spot to root for a couple of weeks. When tops have sprouted a few inches, bring pots into the light. Tuck pots into berry boxes, surrounded with packing "straw" to give as presents.

Star-wrapped oatmeal bread: Wrap bread* in tissue, tie with shoelaces.

Fruitcake, and carrot pudding: Give pudding* in the same ceramic mold it's steamed in. Fruitcake* is plastic wrapped. Tie with ribbons.

Salt-crusted dilly bread: After its cellophane wrapping is removed, bread on a ribbon-trimmed cutting board is ready to serve.

Gifts for the galley: Wine vinegar spiced with 3 cloves of garlic and a lemon wedge pierced on a bamboo stick inside the bottle; after-dinner candied ginger in a wooden box; banana preserves* for pancakes, ice cream, toast; a wooden spaghetti spoon; a bundle of cinnamon sticks to scent a room; straw napkin rings; and Chinese prayer paper made into a note pad by punching holes at the top and tying with raffia. No need for wrapping paper—just collect paper bags in every size and shape, one for each gift. Fold tops of bags in various ways, make holes with a punch, and tie with lengths of colored silk ribbon. Label each bag if you like, and deliver them all in one big ribbon-tied sack, along with a big white orchid.

**Recipes begin on page 40*

Atmos.
The only clock in the world powered by air

The extraordinary Atmos® draws its power directly from the air we breathe. The merest variations in air temperature are enough to keep Atmos running silently, accurately, indefinitely.

Prized by presidents and kings and notables around the world, the handcrafted Atmos is a once in a lifetime gift, a most important recognition award.

For your free brochure, write the Atmos Clock Company, New Rochelle, New York 10810.

Manufacturer's suggested retail price from $595.00.

Escape to the Islands tonight.

Tia Maria and...

For imaginative drink ideas, send for the Tia Maria recipe book:
W. A. Taylor & Company, 825 South Bayshore Drive, Miami, Florida 33131

GOING PLACES
FINDING THINGS

White water rafting on a sacred river in Nepal

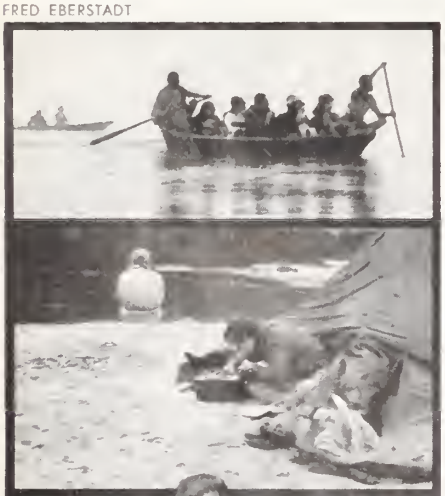
By William P. Rayner

For a hundred miles and a drop of 20,000 feet through the mountainous center of Nepal flows the Trisuli, a holy river. Its headwaters trickle from glaciers in the Himalayas in the west and eventually irrigate the Tarai jungle in the east where 2,500 years ago Siddhartha was born to imagine Buddhism. This noble river races down through mighty canyons, past villages whose population still travels in dugout canoes and farms with wooden rakes and stone hoes, then fans out in the flat savannas to eventually unite with the holiest of the holy—the Mother Ganges. It is little traveled, but last November five of us decided to run about 100 miles of its white water in inflatable rubber rafts. The only time to navigate this violent flow is after the summer monsoon, from about the 15th of September to the middle of December.

We had stuffed our sleeping bags, a dry change of clothes, a flask of Bourbon, a sweater, and a first-aid kit into 2½-foot watertight duffel bags that resembled outsized hot-water bottles. We

Continued on page 78

FRED EBERSTADT



Tiger Tops

Having come partway round the world to ride the rapids of the Trisuli, we were eager, in addition, to do the other things that WEXAS could arrange for us in Nepal. One is a visit to Tiger Tops, a game lodge in the Tarai Jungle. After sightseeing in Katmandu following our river trip, we set out one morning on board a sturdy twin otter aircraft for a 45-minute flight. Out of its windows appeared a spectacular panorama of the Himalayan snow-capped peaks including Annapurna II, Ganesh, and Gauri Shankar, which rise some 26,000 feet into cobalt blue. Approaching the extreme western part of Nepal, near the Indian border, the mountains flatten out into the great savannas of the Tarai where the grass grows to 30 feet and the only efficient machine for cruising through the cane is an elephant who sweeps aside the bamboo-thick reed with scythe-like motions of his trunk. We swooped down over the runway to warn the cattle off, then landed and taxied to a wooden ramp where six of these magnificent beasts were chewing their cuds.

The lodge itself is located in the middle of the Royal Chitwan National Park, a huge 210-square-mile reserve which the Nepalese govern-

Continued on page 82

Counterclockwise: Taking dugout canoes to camp; Relaxing in camp by the Trisuli River; Readying for the rapids; Nyatapole temple, Bhaktapur; Hiranya Varna Buddhist Shrine, Petan.

UTAH Some of the world's best skiing is in the U.S.

By John Gibb

From a 10,500-foot perch above the ski resort of Alta, Utah, I can survey a steep power-filled gully below. The morning is clear, sunny, and cold. After yet another snowstorm, *Eddy's High Nowhere*—one of Utah's steepest runs—is a challenge. I slide to the edge, then plunge into light, waist-deep powder and begin making turns. Snow swirls up over my shoulders. One hundred turns or so later, a rest. Tired leg and stomach muscles announce I'm not as fit as I thought. But the pleasure floods back to see the S-turns tracking the sheer slope behind me. Then on down the mountain, in and out of evergreens in other powder-laden gullies. Once at the bottom the Alta lift system puts me back in the mountains in almost no time. I sample more trails ranging from the most trying to long, easy, deep-snow runs of just pure fun.

Continued on page 84

NEWS Greenbrier cooking course, airfare info, best-eat restaurant

New at the Greenbrier, West Virginia's five-star spa-hotel in the mountains: the first winter season with cooking courses. Julie Dannenbaum, director of Creative Cooking, Inc. of Philadelphia, teaches twelve five-day courses from December through March. Cost: $150 for the course plus $50 per day, which includes breakfast, dinner, and your room.

Up in the air about all the new jet fares? TWA has boiled down all its budget fare information in seven separate fare cards. Each tells about the advantages, savings, qualifications, and restrictions for a specific fare. One new benefit: The

Continued on page 158

The 1900 mile "Late News" call.

20¢ (plus tax).

There's good news tonight! After 11 p.m. you save 60% on Long Distance calls you dial yourself to other states. Just 20¢ (plus tax) can take you 1900 miles by phone (extra minutes only 15¢ apiece, plus tax). The saver's chart below tells all, so clip it out for your wallet or post it near the phone. More than ever, Long Distance is the next best thing to being there.

Save 60% on Long Distance after 11 p.m.

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	DIAL-DIRECT						OPERATOR-ASSISTED	
	WEEKDAY Mon-Fri 8am-5pm FULL RATE		EVENING Sun-Fri 5pm-11pm 35% DISCOUNT		NIGHT (11pm-8am) & WEEKEND All day Sat to 5pm Sun 60% DISCOUNT		Station-to-Station Full Rate All Days, All Hours	Person-to-Person Full Rate All Days, All Hours
MILEAGE	First Minute	Each Add'l Minute†	First Minute	Each Add'l Minute†	First Minute	Each Add'l Minute†	First 3 Minutes‡	First 3 Minutes‡
1-10	$ 19	$ 09	$ 12	$ 06	$ 07	$ 04	$ 45	$ 1 45
11-16	23	12	14	08	09	05	60	1 60
17-22	27	14	17	10	10	06	80	1 80
23-30	31	18	20	12	12	08	1 00	2 00
31-40	35	21	22	14	14	09	1 10	2 10
41-55	39	25	25	17	15	10	1 35	2 35
56-70	41	27	26	18	16	11	1 60	2 60
71-124	43	29	27	19	17	12	1 75	2 75
125-196	44	30	28	20	17	12	1 85	2 85
197-292	46	32	29	21	18	13	1 95	2 95
293-430	48	34	31	23	19	14	2 00	3 05
431-925	50	34	32	23	20	14	2 05	3 15
926-1910	52	36	33	24	20	15	2 15	3 30
1911-3000	54	38	35	25	21	16	2 25	3 55

Dial direct rates apply on all interstate calls completed from a residence or business phone without operator assistance. They also apply on calls placed with an operator from a residence or business phone where direct dialing facilities are not available. Dial-direct rates do not apply to person-to-person, coin-box, hotel-guest-charged, or credit-card calls, or to calls charged to another number because an operator must assist on such calls.

Rates to Alaska and Hawaii contact your local Telephone Business Office.

*Because rates are rounded, your total charge for any call may be less than the sum of minute charges. The total charge will never be more than the sum of the first minute and additional minute charges, even if your call is answered. Calls that begin in one rate period and end in another are charged at the rate in effect when the call began.

†Additional minute charges are the same as those on dial direct calls.

‡FEDERAL EXCISE TAX (1971)—RATES SHOWN DO NOT INCLUDE TAX.

CLIP AND SAVE

Bell System

GOING **PLACES,** FINDING **THINGS**

continued from page 76

were also allowed to take a 6-by-18-inch World War II ammunition box in which cameras and more fragile equipment were stored. That was it for four days and nights.

The trip itself had been arranged by the World Expeditionary Association (WEXAS) which specializes in organizing offbeat journeys or "adventure holidays" as it calls them. Though a "package trip," this river safari cannot be made in a routine way where everything is predictable or all the work performed by a crew. The labor of gathering wood for the night's campfire, of unloading gear and pitching tents, of washing dishes and bailing ballast are part of the price we paid for this remarkable journey.

Michael Jaeger and Larry McCool, along with Lisa van Gruisen from Tiger Tops and the Nepalese guide Indra Thapa, had met us at 6 o'clock that first cool November morning in Katmandu's Malla Hotel. They had fitted out a minibus with two inflatable rafts and all the life-sustaining equipment we would need for the trip. The drive from Katmandu to the river's edge, where we would launch the 12-foot Miwok and the 15-foot Shoshoni rafts, runs through the Mabarahat Valley in the foothills of the Himalayas. The valley walls are terraced with steps that go for thousands of feet up and down the sheer cliffs. Along these terraces we could see farmers sowing their winter crop of wheat. In the distance: small villages with thatch roofed cottages clustered among banana trees. Nearby stretch bright yellow fields of mustard. Women march along the road dressed in long, red, pleated saris, bedecked in gold jewelry—the entire family savings—which is worn on holy days. And this, our first day on the Trisuli, was considered the holiest day for women to bathe and so from all the surrounding villages they congregated by the sacred water of our river.

Arriving at the river's edge, we prepared the rafts by securing the iron ribs to the inflated skin. The women abandoned their rites to watch and giggle at the strangers in their British walking shorts and pink life preservers as they prepared to dare rapids that would make toothpicks of their own dugout canoes.

Michael tells us that if a raft capsizes to swim to the upstream side of the boat and hold on until the rapids are passed —then right the craft and carry on. We know it is wise to do just that because if someone is pinned between a boat and a rock the pressure can be up to 10,000 pounds. But the pretty Nepalese women didn't understand a word of the warning and continued to giggle. We do understand. We don't giggle.

The boats were ready with the duffel bags and provisions lashed to the metal ribs with nylon parachute cord. Larry sat at the center, even with the gunnel, to man his 10-foot oars and guide the Miwok. We kneel on the canvas deck fore and aft to give it balance. Mike takes the controls of the Shoshoni and we push off to a chorus of women and children who follow us down the beach waving and laughing at our indiscretion. They are waiting for a show. They don't have to wait long. We hadn't been raft-borne for 10 minutes before hitting the first rapid. I'm clicking away on my waterproof camera recording their adieu when a chop hits the front of the boat and I am propelled through the air and into the holy Trisuli on this the holiest day of bathing. They love it, which is more than I can say, even though the water is a surprisingly warm 60 degrees. Chagrined I climbed back into the boat sputtering. I resolved to rely on Fred Eberstadt—a professional photographer who is in the bigger Shoshoni—to keep tabs on what he came half round the world to record, while I shall make my profession holding on to the gunnel lines that are provided for that purpose.

Drifting downstream we hear a muffled sound not unlike that of a waterfall and the sound usually comes from around the bend in the river. The anticipation of what is to be found just past the next dogleg starts the adrenalin running well in advance of the event. The

Continued on page 80

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continued from page 78

closer we get, the louder the sound and the faster the heart beats until the very roar drowns out all other noise. By then we have been committed to the rapids and are in the grip of the roar where all action become instinct. Commitment is the term white-water men use to isolate that moment when you line the craft up and go at it. After this point, there can be no change of mind, no turning back. If you mistread the river, too bad, you must live with it. Before making this commitment, we inspect the rapids from the shore, search out the tongues (the entrance), note the hidden boulders, gauge the height of the haystacks (the chop created by the rapids), and plot a course of action. Is the commitment worth the candle? There is often the option of portage. But Mike and Larry are experts at reading rivers—they have to be.

After a morning of wet clothes and constant excitement, we had lunch on a sandy beach backed by an 800-foot cliff. At 1 o'clock we pushed off to face the largest we would see. Not all these rapids bear names, but there is one called "Upset," which I would just as soon forget. It is where the Trisuli races through a gorge that has narrowed to about 30 feet from 150 feet. In its center is a great boulder over which tons of water shed. Haystacks rise to 6 feet around it. The boulder must be avoided. We had rearranged ourselves in the boats, with Eberstadt joining me to photograph from the bow. A few minutes out, we hear a muffled roar around the bend, the adrenalin starts, the roar gets louder, Mike and Larry study the river and the larger Shoshoni is committed. Its stern flips up, its bow plunging at a 45-degree angle is swallowed up, engulfed in the white roar.

There is no trace of it, no hint of progress, no telltale wake, for they have disappeared into the gorge. Because these rivers change from week to week, what was navigable last week may not be run today. A force four rapid expands to a force six, boulders are camouflaged, debris collects, new eddies form, and haystacks grow in size.

Then we are sucked in to the slot. Fred and I, sitting in the bow, are yelling our heads off (it helps to yell a lot) and no one is taking any pictures. We leave the boulder to starboard right on schedule, hit one haystack, are flooded, buck into another, take on 20 more gallons of water, hit another, and another, start to founder, and then are out. We see the other boat ahead. The force of the water had snapped an oar, but no one was hurt or overboard. Thank heaven. Next year I motor.

About 4:30 that afternoon we made camp beside a tributary of the Trisuli that ran down through a ravine into the mother river. Where the little river flows into the larger, it forms a peninsula of powdered mica sheltered on all sides by mountains covered with rhododendrons, magnolia, oak, and pine. (Men in trucks had set up tents for us this first night. But after this campsite, the road ends and for the next three days we would be totally self-sufficient. Those who like river trips but don't understand the charm of riding rapids can motor with the tents and gear to this point and join the group for the calmer portion of the river.)

It becomes cool in Nepal this time of year (about 45 degrees at night rising to 70 in the day), so sipping straight Bourbon stretched out next to a fire, dressed in warm clothes after six hours of clammy life preservers and wet shorts is by contrast more luxurious than a private Gulfstream 2. Dinner consisted of steak, home fried potatoes, a kind of ratatouille made with eggplant, tomatoes, and onions, and, believe it or not, a caramel custard pie that Lisa had prepared ahead in Katmandu. Because the provisions were stored in two 5-foot lockers each containing 50 pounds of ice, all manner of fresh produce, eggs, vegetables, milk,

Continued on page 82

Presenting the GE toaster that broils and bakes.

The GE Toast 'N Broil Toast-R-Oven® toaster.

Versatility is what makes the GE Toast 'N Broil Toast-R-Oven® toaster so great.

It's a great broiler.

This GE toaster has a separate broil setting that lets you broil steaks, hamburgers and hot dogs. You can position the broil pan high or low to suit your needs. Its high walls help protect the interior from spatters . . . and the pan pops right into the dishwasher for easy cleaning.

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The model featured here is the T26. Other broil models are the T114 and (two-slice) T23. The T104 and (two-slice) T93B are GE's non-broil models.

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California Shrimp Boat

2 California Avocados, halved and pitted.
1 cup bay shrimp, fresh or frozen, 7 oz. drained
1 cup Pitted California Ripe Olives, drained and sliced into wedges.
1 cup fresh mushrooms, thinly sliced
⅓ cup celery, minced
2 Tbsp. green onion, finely chopped
1 Tbsp. lemon juice
Crushed ice (optional)

Dressing

½ cup mayonnaise
2 Tbsp. tarragon vinegar
1 Tbsp. parsley, finely chopped
¼ tsp. dill weed
¼ tsp. salt
¼ tsp. onion powder
Dash white pepper

Yield: ⅔ cup

Combine shrimp, olives, mushrooms, celery, onion and toss lightly with lemon juice. Cover and refrigerate. Mix dressing ingredients until smooth and creamy. Pour over salad. Toss lightly. Cover and refrigerate. Allow salad to marinate until well chilled, at least one hour. Before serving, prepare avocado and top each half with equal portion of salad mixture, mounding high. Serve on bed of fresh lettuce...with crushed ice if you like. Serves 4.

California Ripe Olives
Love Food from California

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GOING PLACES, FINDING THINGS

continued from page 80

chickens, fruit, and meat were available to us. Everything was cooked over the big, gray iron-colored logs of driftwood that flamed flamboyantly in the night and sent sparks up to meet the stars. We ate well and then crawled into our down sleeping bags and listened to the river splash.

From day to day the river changed and grew wider. We left behind granite canyons with waterfalls that arch down a thousand feet to create beautiful rainbows. Also behind us: the narrow suspension bridges that span the river from canyon-top to canyon-top, and the thick, rich foliage that overhangs the banks. There were no more watershoots and mammoth boulders. Instead, a wide, slowly flowing river that bathes the jungle's savanna on whose banks 12-foot crocodiles take their ease. One morning —it was Thanksgiving Day in the States —we approached another great river and at the point it joined the Trisuli there were prayer flags strung from shore to shore above the confluence signifying the importance of the meeting. Mike informs us that we are going to make a stop here and pay our respects to Baba—a hermit—a Hindu of the Tantric sect whose ashram overlooks the two riv It was a bit off-putting to think of v ing this holy man of the Brahmin c in a torn T-shirt, old walking short and shoeless. Shouldn't we spruce u bit for the occasion? Not to worry. 6-foot-four and 260 pounds of Baba peared practically naked.

This sage of 84 led us up the half-r walk to his ashram through orchard papaya, citrus fruit, bananas; nurs of beans, tomatoes, and herbs surrou ed by gardens of hibiscus, bougainvil jasmine, and daisies. There, a mo temple is sheltered by a single-tier goda roof and open on all sides. In four corners sit statues of the eleph god Ganesh. In the center is the o hearth where Baba prepares his ever meal. We sit down on the stone fl while the holy man prepares a pipe friendship on which we all took tu puffing only Ganesh knows what.

Like all who live by this river, Bab not so much close to nature as an i gral part of it, communes with it, w ships it each night between 11 and knows the name of the 180 odd varie of birds that live there, knows the w of the spotted deer, the wild bear the sloth bear that roam these fore He, like all I saw who live by this ri knows how to radiate good will. knows and I too know that anyone w runs the holy Trisuli will never fo the experience. ■

Tiger Tops
continued from page 76

ment set aside in 1973 to protect the endangered tiger as well as other wildlife and flora. The hostelry itself consists of three main buildings, two of which are elevated on 15-foot stilts, housing large rooms at treetop level. Overhanging shutters shade windows which look out between the branches of tall salwood trees onto expanses of surrounding savanna grasslands. The main lodge, a great circular building where all social activities take place, is constructed of hard salwood timber of a burnished hue, buttressed with heavy beams, and roofed in thatch. That first evening Dr. McDougal (the resident zoologist) screened a movie which gave us an idea of the bird and animal life we would be seeing: red deer, langor monkeys, the sloth bear, wild boar, leopards, and Royal Bengal tigers, which roam the forests along with 180 varieties of birds, and two varieties of crocodiles. After the movie we dined on mulligatawny soup, koftos (Indian meatballs), a choice of saffron-flavored chicken or a lamb curry with hot or sweet chutney along with yogurt and spinach, and a delicious rice with black-eyed peas. We sat at round tables served by an army of men in short-sleeved bush jackets, then played some backgammon. Afterwards retired to our roost with kerosene lanterns for light and hot-water bottles for the feet.

The next morning the elephants w corralled below the veranda that fr the rooms and we eased ourselves i the high, cushioned seats (howdahs) a tour of the surrounding countryside search of game. To me the most inter ing were the fowl: cranes, snipe, curl owls, terns, parakeets, doves, plov and the amazing Bromani duck mates for life, and lives in the Tarai tween October and April. To escape summer heat, it flies at altitudes of o 16,000 feet through the Himala passes to nest in Outer Mongolia.

Perhaps the best way to see the gr variety of birdlife is by dugout can which glides the visitor from the lo up the Narayani River early in the mo ing to a special birdwatching camps

HOW TO GO: We flew Pan Am from N York—London—New Delhi (flig daily except Wednesday and Saturd and returned on Air India, which ha flight back to the U.S. through Lond daily except Saturday. Royal Ne Airlines flies from New Delhi to K mandu. WEXAS is a well-known Brit organizer of adventure vacations. L year it opened an office at 420 Lexingt Avenue, New York, N.Y. 10017 to ta care of Americans who would like to on its trips. The expedition the Ray group took to Nepal takes 21 days a costs $1,925 plus roundtrip airfare fr the U.S. to London. (Everyone on trip flies to London and travels fr there in a group.) The itinerary: 4 da

Continued on page

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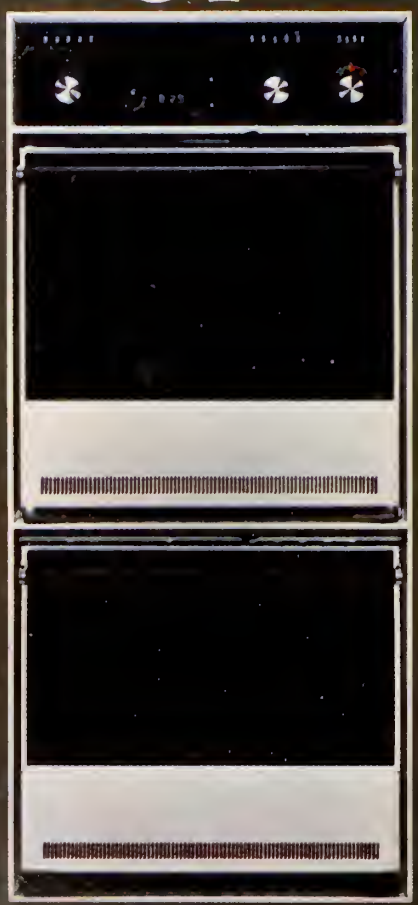

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The Jōvan Hot Oil Nail Treatment Kit restores a healthy, natural look to nails and cuticles that are dry, split or ragged. Designed for ease of use: 1) Simply add hot tap water to the specially-prepared, protein-enriched Jōvan Nail Oil. 2) Soak nails and cuticles 3-5 minutes. 3) Push back softened cuticles with the uniquely designed Jōvan Cuticle Care Stick. No other nail system will nourish, condition and beautify your nails and cuticles like the Jōvan Hot Oil Nail Treatment Kit.

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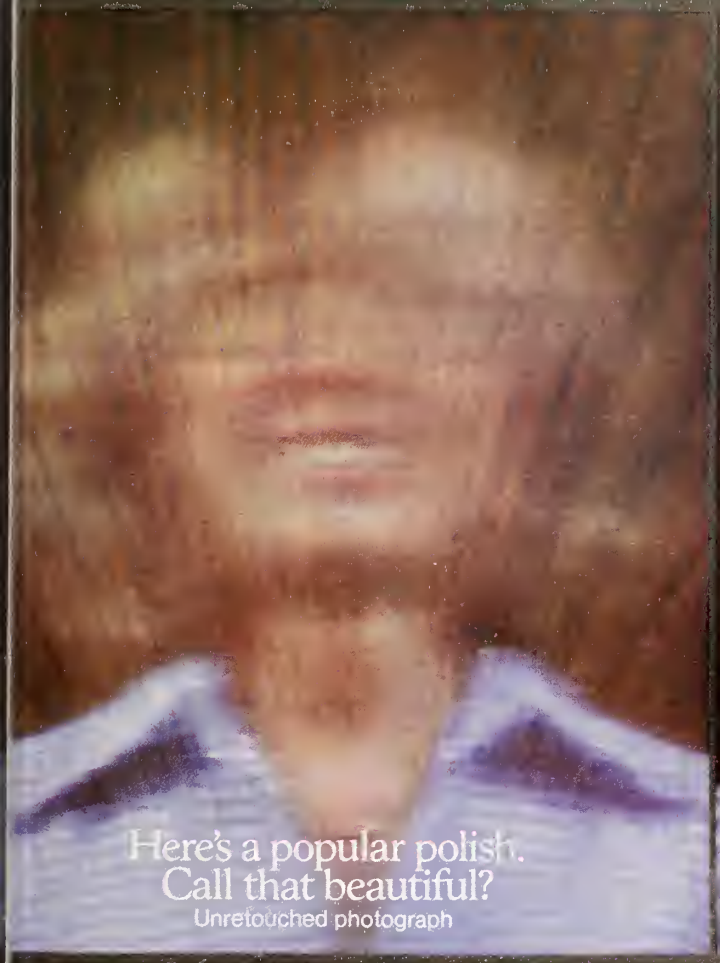

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GOING PLACES, FINDING THINGS

continued from page 82

sightseeing in Katmandu and the Katmandu valley, 3 days river rafting, 4 days at the Tiger Tops game lodge (you must be a party of four), 4 days in a tented camp not far from Tiger Tops, a day in India to see the Taj Mahal, and 3 days traveling. Best time of year to go: November to March. See page 158 for the WEXAS brochure, which tells about this and other trips. ■

Utah skiing

continued from page 76

Many skiers call Utah's snow the lightest in the world. Alta, with its usual 40 feet of snow every year, offers enough powder skiing to excite anyone. Look for runs like *the Devil's Castle, Gunsight,* and *Greeley Bowl.* There are also intermediate and beginner trails.

Alta lies 55 minutes by car or bus (regularly scheduled Utah Transit Authority buses connect most of the resorts), from Salt Lake City. An old mining town with a Western flavor, Alta's set in a national forest and has only four hotels. Both the Alta Lodge and the Rustler are congenial. The Goldminer's Daughter is also pleasant. Each hotel has a restaurant, but I liked a small inn, the Shallow Shaft. For dancing, take the shuttle bus to the Tram Room disco at Snowbird—ten minutes down the canyon. A day's ski pass costs $7.50, a terrific value.

Snowbird, Alta's neighbor, is completely different. A cosmopolitan, almost European ski area built in 1971 (Alta was built in the 30s and has hardly changed), Snowbird provides excellent skiing with the flair of modern French resorts—skyscraper architecture and an efficient lift system at good value. The skiing terrain is excellent but there are many other things to do at Snowbird besides skiing: swimming, indoor tennis, saunas. Runs for the pros: *Regulator Johnson, Peruvian Cirque,* and the *Wilbere Area.* Also many intermediate and beginner trails.

I stayed in the Iron Blosam Hotel in a large comfortable room overlooking the slopes and ate at the Cliff Lodge. On the mountain, the restaurants are cafeteria style and have wonderful views.

Park City is the third of the Big Three Utah resorts. Much more a family area with easier runs than Snowbird and Alta. Park City caters to beginners, intermediates, and young children. But there are several expert runs. Also there is night skiing. I stayed at Treasure Mountain Inn, but families will enjoy Park City's assortment of rental condominiums perhaps instead of a hotel.

There are several smaller ski areas in the state. One is Sundance, owned by Robert Redford. Worth the 90-mile drive from Salt Lake City. To stay several days, go to Provo, twenty minutes away.

Tips about equipment to use in Utah. Expert skiers usually have special "soft" skies for powder (three top manufacturers are Miller, Molnar, and "the Ski"). They are extremely flexible and perform beautifully in powder, but not on packed trails. For would-be but inexperienced skiers try a Fischer, K2, or Rossignol—good for both packed snow and powder.

Besides ski equipment, there are other good buys: cowboy hats from $25, rodeo shirts from $15, boots from $40. Handmade Mormon quilts start at $200.

Remember to bring protection against the sun and wind: The skiing in Utah is very high (always over 7,000 feet), and the sun is extremely strong, especially in late spring when there is some of the best skiing.

HOW TO GO: United Airlines has daily nonstop service to Salt Lake City from San Francisco, Denver, Chicago, New York, Washington, plus direct flights from Kansas City, Boston. Also from United: 3-7-day tours that include lodging and discounts on lift tickets at Alta, Snowbird, and Park City. ■

The Lido Bowl, $56.00, matches the Lido Salt & Pepper Mill Set. Three-piece Holiday Dinner Set, $37.00. Available individually. (Dessert Plate not shown, $11.00) Florentine Bud Vase, $13.00. Symphony Centerpiece, $28.00. The Egg Server, $32.00. Essex Salt & Pepper Set, $23.00. All except the vase trimmed in 24-karat gold.

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Greenhouse windows

How to add shelf space and turn a sunny window into an indoor garden

By Deanne Raffel

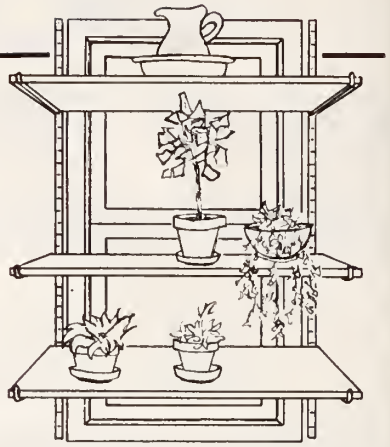
What better way to grow plants and vegetables year round than in an indoor window garden. Window space can be easily converted to gardening space by installing shelves across either a single window or several in a row. Here are four easy steps to an attractive window garden.

Step 1: Take stock of your plants and plan the spacing and size of your shelves. Large pots will require wide shelves, and tall plants need growing room. A shelf 12 to 15 inches below the ceiling works well for storage, since there is no direct light that high up. If you're planning a garden across several windows, span the entire space with a single board.

Step 2: For shelving, common or knotted pine board (which is the least expensive grade) works well. Have it cut 5 inches wider than the span between the two standards. Choose a width of either 8, 10, or 12 inches since these are the sizes brackets are sold in. Wipe knots with mineral spirits. Fill any holes and scratches with vinyl spackle or water putty, and cover the knots with cut shellac. Sand the entire shelf, slightly softening the corners. Finish with stain and varnish, or prime, and a coat or two of paint.

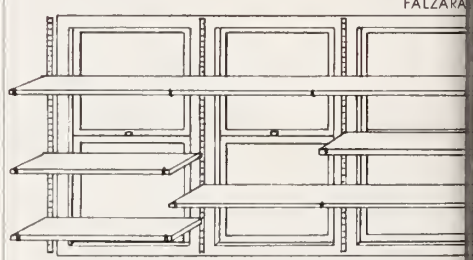
Step 3: Shelf hardware—slotted metal standards and brackets—is sold in a variety of finishes, but can be easily spray-painted another color. Install a standard on each side of the window casing. You will need one between each window if you are spanning several with shelves. Standards are sold in lengths up to 72 inches and can be easily sawed or pieced to size. Mark the screw holes with a nail or awl, then drill pilot holes and attach with flathead, wood, or sheet metal screws.

Step 4: Slip the brackets into the appropriate holes. Some brackets have a knurled nut that needs tightening to secure it. Set the shelves on the bracket, moving them as far front as possible. Long shelves are extremely unwieldly, besides being heavy, so make sure you have help positioning them. Arrange your plants on the shelves, and you have a window garden.



Plan a garden in a single window . . .

FALZARA

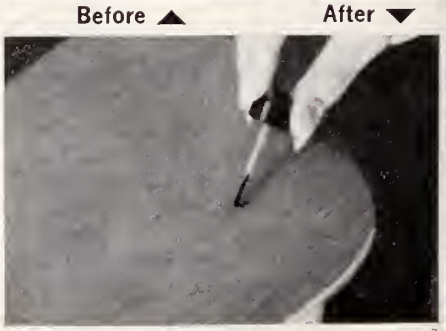


. . . or arrange a wall-full of greenery

Surface saver

A new touch-up liquid for covering scratches and dents in wood, chipped surfaces on appliance finishes, gouges and scuffs in metal and leather, is Finish-Fix. It comes with an applicator, dries fast. There are six wood colors—walnut, deep red, brown and cherry mahogany, fruitwood and maple, black, and appliance white. $1.29. Finish-Fix, Inc. 2200 W. State St., Fremont, Ohio 43420.

Before ▲ **After ▼**



Continued on page 90

Pella wood windows have more energy-saving insulation.

Pella's Double Glass Insulation System, with its full 13/16″ air space between panes, outperforms ordinary welded insulating glass . . . yet it can actually cost less. Other important features that make up Pella's exclusive combination of advantages and options are described below. All in all Pella has more to offer than any other wood window available.

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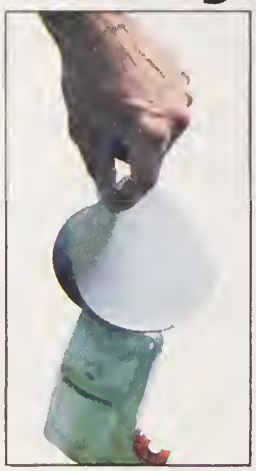
Now there's Press 'n Sand® from 3M. Each sheet has a strong, pressure-sensitive adhesive backing. Just press it onto your sander and you're ready to sand. No clips, screws or ties to fumble with.

What's more, Press 'n Sand lasts longer than ordinary power sanding sheets because the adhesive holds Press 'n Sand firmly in place over the entire surface. No wrinkles or loose, uneven edges means no ripping or tearing.



Any power sander quickly converts to Press 'n Sand with a pad that holds each sheet 'til you're ready to change it. Which may be quite some time because Press 'n Sand reduces heat build-up and residue loading, too.

Press 'n Sand is available in discs and cut sheets in a wide range of sizes to fit most types of power or hand sanding tools. And you can get Press 'n Sand in your choice of abrasive grades, too. In fact, it's the most complete line of adhesive-backed abrasives made. And all at sandpaper prices.

Whatever the job, you'll find a complete line of 3M sanding and fix-up products, like Sand-Pak® with its new-look packaging, to help you do it faster and easier.

Press 'n Sand takes the grind out of sanding

Press 'n Sand® and Sand Pak® are registered TMs of the 3M Company

3M

Give your family one of these Amana® refrigerators for Christmas...

shown with stainless steel

MODEL SDI-22B or SDI-25B shown with acrylic panels for the look of black glass

and in the Holiday Spirit Amana® will give you decorator door panels.

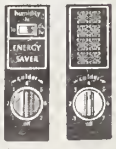
Choose the look of black glass . . . the clean sheen of stainless steel . . . good wood — walnut or birch . . . or aluminum panels to cover with your own fabric or wallpaper.

Except for you—nobody plays Santa like Amana!

So when you select one of these Amana refrigerators this Christmas, Amana will give you the decorator door panels.

And behind these handsome doors, you'll find all the famous Amana conveniences. It's completely Free-O'-Frost.™ Has the "Refrigerator-within-a-refrigerator" that keeps meat fresh longer, because super cold air surrounds the outside, without drying the meat.

Amana cantilever shelves you can arrange to fit your changing storage needs. Plus Stor-Mor® doors that hold half-gallon milk cartons, instead of just quarts.



Two separate controls for the freezer and refrigerator can be set independently. 3-Position Energy Saver Control lets you adjust to the humidity in your home.

Designed for that "built-in" look.

Frame kit that holds decorator panels is an extra cost item on Model BC-20B—and standard on other models shown.

Choose any of these Amana refrigerators this Christmas—and Amana will give you decorator door panels—at no extra charge! Beautiful.

See your Amana Retailer now! Offer expires December 24, 1978.

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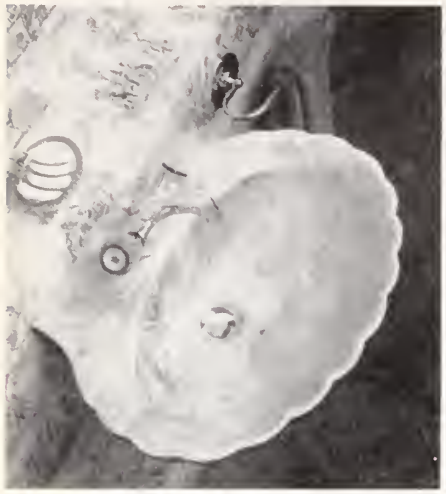
BACKED BY A CENTURY-OLD TRADITION OF FINE CRAFTSMANSHIP.

Amana Refrigeration, Inc., Dept. 726, Amana, Iowa 52204 A Raytheon Company

continued from page 86

Air Humidifier

Humidity to freshen dry, heated air is a definite wintertime need. A humidifier you can attach to a house-wide warm-air heating system is the Good-Bye-Dry. It comes in a kit with all the necessary plumbing and wiring parts and an installation manual. You cut a rectangular opening in the warm-air supply duct of your heating system (template supplied) and mount the humidifier; next attach the self-tapping saddle valve to the nearest cold-water pipe, then plug in the transformer to a 110-volt electric outlet. The humidifier has a 14-gallon-per-day capacity, enough for a house of 2,000 square feet or less, maintains humidity at 30 to 35 percent automatically. $69.95. Comfort Enterprises, P. O. Box 323, Leola, Pa. 17540.

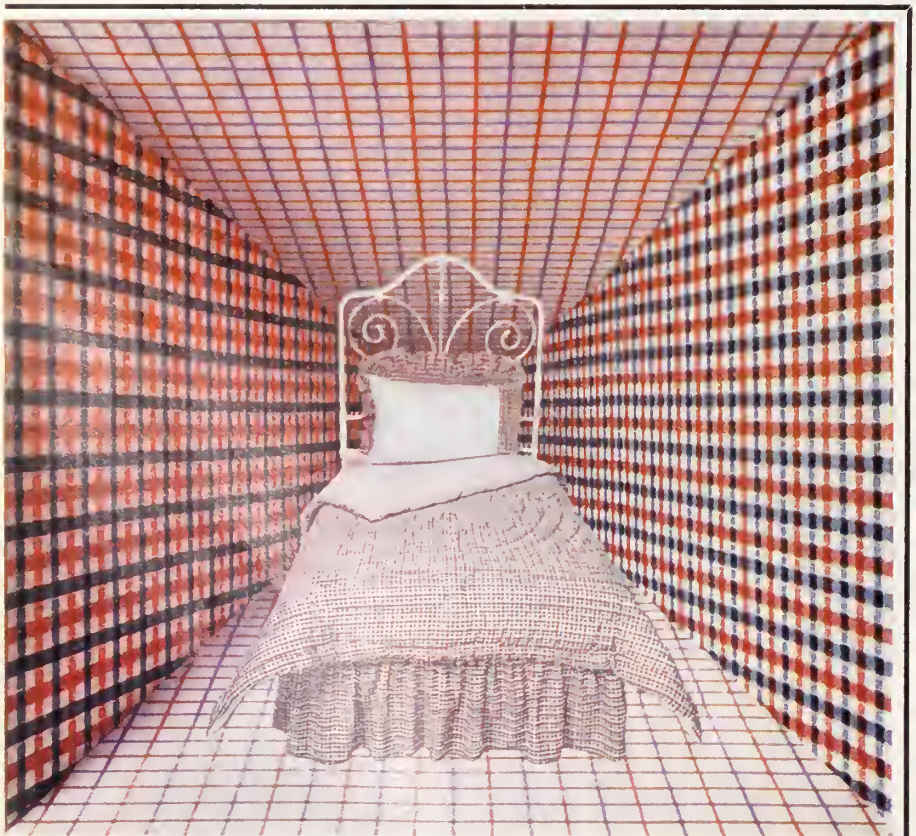


Shell shape

Wall hung, this new bathroom lavatory, the Marmara, has a handsome shell shape. The one-piece faucet is a dual control for hot and cold water, the basin is vitreous china in three colors—marble, oyster green, and oyster green (inside)/blue (outside). With chrome plate fittings, the list price is $214. Also available with 24-carat gold fittings, a trap, and supplies, $519. American-Standard, Inc., P.O. Box 2003, New Brunswick, N.J. 08903.

Moisture barrier

During the winter, with heat indoors and cold temperatures outside, warm, moist air is likely to condense in the walls and framework of a house without a vapor barrier. Such moisture can reduce the effectiveness of insulation in walls and ceilings, cause exterior wall paint to blister and stain. Here's a latex primer-sealer paint, Insul-Aid, to apply to interior walls and ceilings to help guard against escaping vapor. Since it is a latex base paint, it dries fast. $12.95 a gallon. Glidden Coatings & Resins, 900 Union Commerce Bldg., Cleveland, Ohio 44115.



In a collection that overflows with bedroom fashions of Fortrel® polyester/cotton no-iron percale. Dan River Classics. In the best stores. © 1978 Dan River Home Furnishing Products, N.Y., N.Y. 10018.

DAN RIVER RUNS DEEP™

Touch lighting

To raise and lower room lighting, this new electronic light control, Dawn, needs only fingertip control. Touch it to turn light on and turn it off. It offers a choice of 0 to 100 percent illumination and you hold the plate until it reaches the lighting effect you want. The touch plate, in gold or silver tone, is an oval set in a rectangular wall plate, which comes in brown, ivory, black, or white. For incandescent lighting up to 600 watts, it fits a standard electrical wall box, is Underwriters Laboratories listed. $19.95, Leviton, 59-25 Little Neck Pkwy, Little Neck, N.Y. 11362. ■

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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Coat: Copchik Furs

Bringing home the joy

The world is wearing running shoes. New discoveries, new inventions, new technologies tumble over each other with ever-increasing urgency, affecting the way we eat, the way we treat our bodies, the way our babies are born, the way we expect to live out our lives.

Yet Christmas always comes—the fixed star to which we return year after year, grateful for its permanence, its faith. It's a season as enduring in its myth and magic as the timeless Temple of Dendur or the treasures of Tutankhamun's tomb. But it's based on the most immediate of nature's miracles, the birth of a child.

In a time of scientific turbulence and complex human challenges, Christmas is a way station, a breathing space, bringing us back to the one affirmation of life all peoples of the world can share. In the words of the English novelist Elizabeth Bowen: "All that is dear, that is lasting, renews its hold on us; we are home again."

Here, some ideas to help you bring home the joy: **To shed a pretty light on Christmas,** carve out huge green apples and set a fat votive light in each one. A nice way to make interesting presents with plain paper: **Cut out quilt motifs,** page 113, and paste around top and sides of boxes. Inside the boxes, why not put layers of **delectable cookies** like the ones Edna Lewis bakes for her friends each year (page 98)? Her **secret cookie topping:** vanilla sugar, made by filling a pint glass jar with superfine sugar and one plump vanilla bean. To go with the cookies, **apple cider wassail,** Rockwell Staniford's warming combination of a gallon of natural cider, a cup of old-fashioned brown sugar, 6 ounces frozen lemonade, 6 ounces frozen orange juice, a tablespoon of nutmeg, 6 cinnamon sticks, and, in a cheesecloth bag, 6 cloves and 6 allspice berries. Simmer for 20 minutes, remove cheesecloth bag, and add a pint of light or amber rum. Serve warm. **If your tree will live on outdoors** after the holidays, you can decorate it right to its roots: Jim Goslee **wraps the root ball with gold moiré** (page 109; or dress yours in a **bottomless basket** or a **wraparound cachepot** that comes in two handy halves you simply slide around the tree (page 104)—a neat way to hide the stand of a cut Christmas tree, too. And **to trim the tree,** what better ornaments than those you make yourself? Like **strings of tiny hemlock cones;** emptied, **painted eggshells;** small **seashells** tied with bits of raffia through their natural holes; or tiny **baby socks** striped red and white, filled with lavender or potpourri and hung on ribbons from the tree. Or do as the volunteers from the Abby Aldrich Rockefeller Folk Art Museum did with Betty Ford's White House tree: **String popcorn,** not with cranberries, but **with dried red peppers;** and make garlands of carpenters' **wood-shavings, linked like chains.** (For more do-it-yourself ornaments, see page 68). One of the prettiest ornaments we've seen: **Queen Anne's lace,** gathered in summer, dried in silica gel, and studding a Christmas tree like snowflakes and stars.

House & Garden, December 1978

NASA, METROPOLITAN MUS. OF ART/BOLTIN

Craft fantasy ornaments of fabric, lace, and crochet

Above: Handmade decorations on a holiday tree at The Silo. To make some of these decorations, see page 68.
Right: Swedish Christmas begins on Lucia Day, December 13, when little girls serve traditional cookies. Join the party, page 138.

BEALE
94

Christmas–

how to make the magic happen

Serve classic gingerbread from an old Swedish recipe

Deck the boughs with ornaments to eat

natural way, with
der orations you
make or bake your
self. Jennifer Gracie,
12, and her brother
Michael, 10, start
their preparations
two weeks before
Christmas, with an
all-day baking binge. Cookie dough
is pressed into stoneware molds
above, to make celestial ornaments,
left and far left. Shimmering
fruits are a modern-day version of
sugar plums—lady apples, lemons,
pears, oranges, and kumquats, bathed
in egg whites, then sugar-dipped,
to glisten and glow in the candle-
light. Cranberry and popcorn ropes
are strung from branch to branch,
and the leftovers speared onto
lengths of florist's wire, to make
a tree-top star. Cookie molds by
Hartstone. Oriental art and antiques
from Gracie. Instructions for making
cookies, popcorn star, and sugar-
sparkled fruit, and ordering instruc-
tions for cookie molds, page 68.
WILLIAM P. STEELE

Top the tree with a popcorn star

Christmas magic

Say it with cookies—that's what Edna Lewis (*The Taste of Country Cooking*, Knopf) does when she wishes friends a Merry Christmas. Here, nut butter balls, sugar-topped spritz, frosted nut bars, and crisp sugar cookies fill a tissue-lined box. On top, shiny ribbon and one of the old-fashioned gift tags that Mrs. Lewis collects. Her cookie-giving is a pre-Christmas ritual, eagerly anticipated by friends. *Above:* Edna Lewis's iced nut bars, from an Austrian recipe. *Below:* Cut out ginger-flavored sugar cookie stars and dust with sugar just before baking. All recipes, page 46.

EDWARD OLEKSAK

Bake old-fashioned sugar cookies, thin and crisp

Weave a fragrant wreath of garden herbs

BEADLE

Christmas in the air—the natural scent of an aromatic herb wreath that you can make. Mary Lou Riddle, *left*, of Stillridge Herb Farm, shows how: Just gather herbs, fresh and dried, and anchor them to a wreath of bundled straw using fern pins, *below*. Choose herbs for their color, scent, and sentimental meaning: lavender for purity, sage for health, thyme for bravery, rosemary for remembrance, and bay leaves for victory and glory. Mrs. Riddle dots her wreath with pink globe amaranth, and cinnamon sticks here and there. Instructions for making your own wreath or ordering one, page 68.

Christmas magic

Supper sack by Penni Linck. Mini–bags, Joe Staiano. Pasta tower, Clare Ruthrauff.
More about the presents on these pages, plus instructions for making some, page 68. Recipes, page 40.

Gingerfolk by Lane Robertson

Crate of cookies: Pecan rounds and chocolate macaroons by Jane Ellis

EDWARD OLEKSAK

Trumpeting amaryllis, Mädderlake. Calico man, Bea Ryder. Cheese crock, Mary Cole.

Above: Rover's wreath, Debby Brown.
Left: Herb vinegar, Susan Littlefield.

Wrap up Christmas with homemade presents

Lion centerpiece with toys, Dee Hardie. Lace-edged baby pillows, Peggy Kenned

Homemade chocolates in a tin mold, Clare Ruthrauff. Pooch presents, Kaaren Gray.

Up-and-coming paper-whites, Mädderlake. Star-wrapped oatmeal bread, Donald Gray.

Fruitcake and crocks of carrot pudding, Glorio
Food. Salt-crusted dilly bread, Liza Wick.

Out of the bags, *right*: Gifts for the galley.

Under wraps: Assorted surprises in ribbon-tied sacks, by Vincent Wolf of Patino/Wolf

Light up your rooms with

Christmas magic

BEADLE

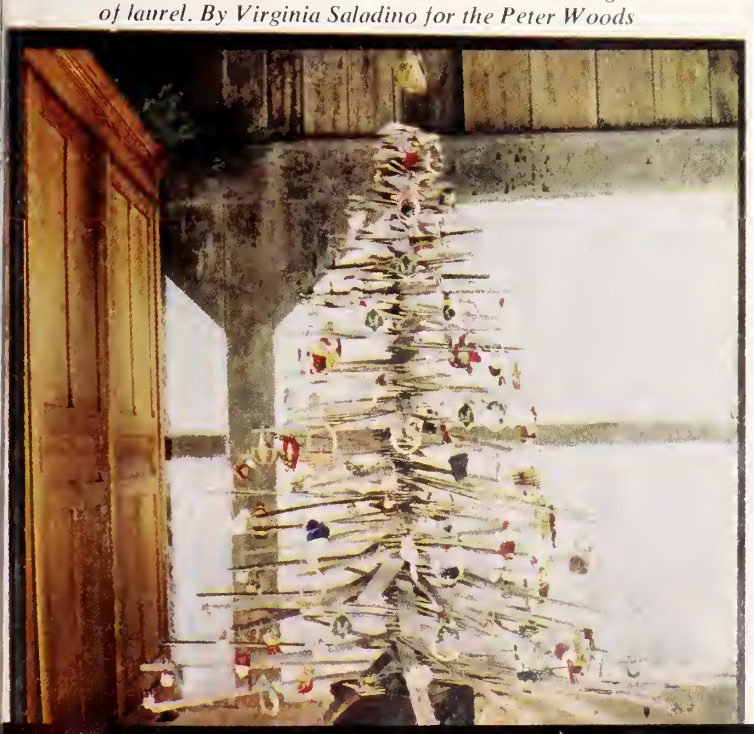
Boxwood garlands, threaded through pine cone wreaths, living spruce trees spending the holidays in fireside baskets, and a bowl of big North Carolina pine cones. By Harry Hinson

A Christmas tree of split-oak lathis, right, *with baked Santas, braided wreaths, teddy bears in tiny baskets. To make the tree, stack drilled slats on a dowel secured in a tub of cement. At The Silo. Shopping information, page 202*

Living Christmas trees, above, *contribute naturally to the festivities. On the banister, swags of laurel. By Virginia Saladino for the Peter Woods*

BEADLE

A grove of white poinsettias, below, *brings a white Christmas south to Mr. and Mrs. Kempton Mooney's Georgia home. Extra glasses hold Christmas candles*



TOM YEE

Light up your rooms with Christmas greens

BEADLE

Natural Christmas trees, above *and* below, *all spruced up with wraparound coverings in red burlap and red vinyl in Mr. and Mrs. Emanuel Shemin's Greenwich, Conn. house. Holly boughs tucked under the trees add more natural color.*
For more about the wraparounds by Nöend, please see page 198

Christmas dinner—and it's all in the trimmings: Walnuts, giant gumdrops, and candy canes garnish evergreens that garland the mirror and the horn chandelier in John Rosselli's house. On the table, cyclamen nestle amid fresh fruit and greens

HORST

RUSSELL MACMASTERS

A jeweled tabletop: On an 18th-century inlaid marble table, boxes of semiprecious stones, silver plates, vermeil candlesticks, and, in the center, a sphere of rock crystal surrounded by orchids. By Michael Taylor fo Mrs. Thomas Kempner for the 1977 American Conservatory Theatre (ACT) benefit in San Francisc

BEADLE

A sprinkling of tiny bee lights, right, *on baskets of holly and on the moss beneath the fishtail palms. By Renny Reynolds. The rest of the apartment's twinkle comes from the city lights outside the windows*

Light up your rooms with Christmas surprises

HORST

White doves, white candles, white flowers! Feathery doves carry white satin ribbons on the Christmas tree in Mr. and Mrs. Frederick Winship's apartment; candles glow in a collection of silver candlesticks on the mantel and on the chandelier; and poinsettias gather around the piano. Tree by Leslie Land

Light up your rooms with Christmas sparkle

TOM YEE

A tree encrusted with shimmer and gold, above, *becomes the Christmas centerpiece for this all-red room. Behind the tree, an antique French figurine dressed for the occasion with a wreath and one red candle. By Barbara D'Arcy White*

BEADLE

An espaliered tree on the table, below, *hung with pine cones and tiny baskets for a natural brown and white Christmas. At ea place, dried fern placemats, and underfoo a blanket of pretend snow. By Rodger Dobb and Mrs. Joseph Knowland for ACT*

RUSSELL MACMASTEI

Garlands in the kitchen, left: *one with two sizes of straw wreaths over the fireplace hood and another tied to the pot rack with big red bows—the same red as the countertops. On the table, wooden gnomes peek out from under holly. By Mr. and Mrs. Brownlee Currey*

A pink and gold Christmas. Three trees, their root balls wrapped in gold moiré, are hung with gold ribbons, gold satin balls, and tiny golden lights. More moiré ropes off garlands of huckleberry leaves and holds the pine wreath in place against the mirror. Into this gilded setting, more gold—in fans and gold-wrapped presents—and sprays of pink flowers: tulips, rubrum lilies, nerines, and gerbera. Designed by James Goslee Assoc for David May

WILLIAM [illegible] STEELE

A red and gold table with candied apples, vermeil pheasants, gold and red plates. On the wreath, clusters of pyracantha berries. By Bob Bell, Ardath Rouas for ACT

A miniature Christmas tree scattered with spring flowers on a table shimmering with silvery mesh. More flowers live in silver bud vases and celadon fish vases, and painted ones grow all over the walls of Betsy Shaw's dining room. At each place, a tiny presen

TOM YEE

Light up your rooms with Christmas gardens

A Christmas tree hung with a child's toys: furry animals, carved wood figures, gingerbread men, real birds' nests, and, at the top, a big paper star. For Christmas eve supper, a knee-high table set with earthenware apple crocks and terra-cott tree-trunk bud vases in a forest of flowers on cloth an screen. The menu: champagn and oyster stew and, for dessert, lots of presents to open. Patticake and Delilal Betsy Shaw's miniature long-haired dachshunds can't wait

Bunches of silk strawberries cluster with antique tassels and small red baskets on a red and green Christmas tree; cedar garlands run like leafy moldings along the walls; under the tree, red-and-green wrapped presents. By John Brewer

Greenery, fruit, spice, and easy craft ideas to keep your holidays in the green

Simple garlands of cedar and laurel

Basketful of holly with tiny Christmas lights

Fragrant herbs in a gingham-lined basl

For as little as $200, you can fill your rooms with enough Christmas to satisfy all the senses. In this city living room, *above*, there's a fragrant mingling of evergreens, fresh herbs, a basket of foot-long cinnamon sticks, and carved-out oranges and lemons filled with spice (how to, page 68). The Christmas trees, one of which is trimmed with the spice baskets and popcorn swags, *right*, replace ficus trees that live all year long in Frank and Fernanda Gilligan's apartment. An old-fashioned quilt, *top right*, took over for a painting above the sofa, *left*, and melon-colored pillows got seasonal slipcovers of holiday green. On a round, skirted table (you could use felt), a basket full of green apples plus green apple candles. Room by Mario Buatta. Gene Davis painting from Fischbach Gallery. Quilt from The Gazebo. *Shopping information, page 202*

KAREN RADKAI

Lemon and orange rind baskets filled with spice
Presents decorated with quilt motifs

CHRISTMAS ON A SHOESTRING

Evergreen, wreaths, and holiday flowers in a country house where Christmas is a natural

To those who think of Christmas as a refreshment, the simplest things are often the most appealing. "I look forward all year to the peace and quiet of a Christmas in the country," says photographer Karen Radkai, who fills her rooms with wreaths and trees that wear nothing but the natural sheen of their needles. In the bedroom, *above*, a pair of evergreens fulfill a childhood dream—to sleep beside the Christmas tree. In the dining room, *opposite page, bottom*, another tree, wreaths, and a table with greens, pine cones, candles, and an early American version of Santa's sleigh. More wreaths hang on living room doors, *opposite page, top*. Another, suspended from the roof peak, is lit by four candles—one for each week of Advent. Everywhere, Christmas roses—a Radkai tradition.

KAREN RADKAI

A time to be

"We have a great concern for the impact of the environment on the health and species of our future...The reality is that we are healthier, living longer than at any other time in history"

Dr. Philip Handler
President
National Academy of Sciences

One of the most valuable legacies from the 1970s to the 1980s may be the spirit of optimism. As the new decade approaches, the prospects are stimulating, challenging, and yes, optimistic. Contrary to what most people believe, there is no population explosion; no energy crisis, no shortage of resources; pollution is not as bad as we think it is. Experts in many fields all agree that the 1980s hold the most tremendous possibilities of hope and achievement for everyone. Ten years ago this could not have been said. At the beginning of the seventies, Lionel Tiger, the anthropologist, began his and Robin Fox's book *The Imperial Animal* with these observations on the then current malaise:

"This may be a time like the early Renaissance. Perceptions of humankind grow especially confused; structures of thought splinter apart; no theory of behavior amply and believably helps us satisfy our deep curiosity about ourselves. The distemper in universities, the disbelieved assertions of shrill governors, the virtually total erosion of the forces of religion in intellectual life, the difficulty of sustaining energizing moral codes through whole communities . . . all shine from different bits of the same cracked mirror in which we view ourselves."

In an interview with Dr. Tiger, I asked him whether he felt that the seventies had not been so bad after all. He replied: "We've become much more self-conscious and more skillful. We have clearer notions of the importance of population, we know about pollution, we're beginning to ask questions about the relationships between resources and growth."

It is generally accepted that we are more aware, more open, more confident than we were ten years ago. We know more about all kinds of significant things; we are more sensitive to "vibes"; we are more tender and, in a paradoxical way, a tougher people. We've changed a lot. Though much still needs to be done, our air and water are cleaner. We have reacted positively to confusing situations. Public opinion helped stop a war, and our strength as a nation brought us through Watergate and the near impeachment of a President. We've told the establishment that they can't with impunity build nuclear plants or tear down Grand Central Station, that something must be done to revise the tax structure. We've shown that there is a point where people resist. We've said that certain moral principles are imperative. Lionel Tiger proposes that our greatest accomplishment in the seventies was that "we successfully brought up our children, perhaps the largest crop of kids ever born, in apparently healthy ways, physically and psychologically."

We took a "giant step for man" and have developed our technology to the point where colonization of the limitless

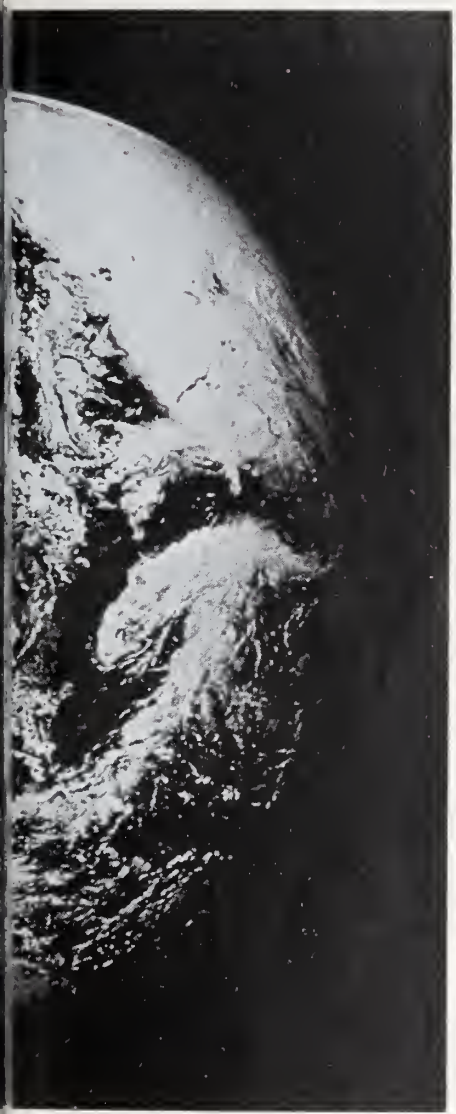
"You see the earth as a bright blue and white Christmas tree ornament in the black sky. It's so small and so fragile—you realize that on that small spot is everything that means anything to you, all of history and music and poetry and art and death and birth and love"

Russell Schweikart
astronaut

alive

AN OPTIMISTIC LOOK AT WHO WE ARE, AND WHERE WE'RE GOING

BY MAEVE SLAVIN



NASA

"We are very resilient...We survive... and keep moving along. There's a great deal of strength and resilience in the system and the long-term prognosis is very good"

Dr. Leon Martel
Executive Vice-president
Hudson Institute

outer spaces will be feasible in the eighties. Scientists say that late in the decade people will be living and working in space, either on hospitable planets—there are more than a hundred million earth-type planets in the universe—or in space stations. Travel to points in space will be far less traumatic for us than crossing the Atlantic was for our immigrant ancestors a hundred years ago. They had very little hope of ever seeing their native lands again, whereas we will be able to shuttle back to what Buckminster Fuller calls "Mothership Earth" on rocket-propelled spaceships, which will travel in a matter of hours and minutes from Mars or Jupiter, running on regular schedule like airliners of today.

Those of us born in this century have lived through the most extraordinary and fastest moving change in all of history. For a man born before the century began, a trip on the Concorde brought it all home: "I started out in horse-and-buggy days at 8 miles an hour, and—it seems unbelievable to me—but I've flown across the Atlantic in 3½ hours at twice the speed of sound. All in one lifetime."

Although we're still a world of sovereign states with different and sometimes conflicting ideologies, the geographic and cultural barriers are down. We can travel around the world within the same day. We can communicate with people in every country. We can watch events in distant lands as they are actually happening. Satellites, which can photograph recognizable images of individual faces, also act as guardians of peace by their oversight of military installations all over the globe. Computers have revolutionized our thinking apparatus. Data banks, like savings accounts, store increasingly vast amounts of information which, in the eighties, any home television set can plug into.

Medical science has controlled and virtually eradicated killing diseases such as smallpox and leprosy, tuberculosis and devastating childhood diseases. The first test-tube baby has been born. Techniques for organ transplants have been perfected, organ regeneration can be foreseen. Individually, we take better care of ourselves, most of us are into nutrition and exercise. We watch our weight, live in healthier ways than we did a decade ago, and use our leisure more constructively.

And yet, many of us consider ourselves pessimists, although just about everything we do is motivated by optimism. If the world is coming to an end, if not tomorrow then the day after, why do we have a child, why are we so concerned about our physical condition, why do we plan for our retirement, plan next year's vacation, build houses, take courses, vote for the politician who promises that the new administration will make everything better?

The reason is very simple. Optimism may be an integral physical part of our makeup, and this has been investigated scientifically. Lionel Tiger's forthcoming book, *Optimism: The Biology of Hope* (Simon and Schuster, February 1979) studies the subject. "I became interested in optimism because I'm interested in biology," Dr. Tiger explained. "The neurophysiology of it possibly is that the brain secretes its own optimism-producing opiates." These natural opiates affect our mood patterns. "An animal with a brain as big as ours must have something good to think about," Dr. Tiger asserts. Just as the environment and our bodies can suffer from the effects of air and water pollution, so can our behavior be polluted by excesses of pessimism. Ideas have the capacity to make us sad or happy. They change our bodies. Good news, about a friend, a political party, a scientific venture, can change a person to feel physically better.

Continued on page 157

A gift of art at the National Gallery

HORST

Miniature paintings at the extraordinary new East Building, a wonderful gift to the nation

The visitor's first impression is of an extravagance of space. To enter the new East Building of Washington's National Gallery—the $95 million addition given by the Mellon family* and opened in June, 1978—is a heady experience in itself. Architect I.M. Pei has created a towering world of marble and glass for this house of art, dominated by a giant Calder mobile. But the eye is quickly seduced by the galleries that lead off the central hall—simple, human-scale rooms that allow people to relate to the art with an

*Paul Mellon, Ailsa Mellon Bruce, and the Andrew W. Mellon Foundation

intimacy that is in marked contrast to the monumental central space. And the art itself? An infinite variety, as these sample exhibitions (current or to come) attest: an installation of David Smith sculptures; small French paintings; Matisse cutouts; Edvard Munch, Modigliani, and American naive paintings; the Carracci family; Oceania; the connoisseurship of Bernard Berenson. Paul Mellon wished his building to be "a delightful experience." His wish has become a joyous reality for us all.

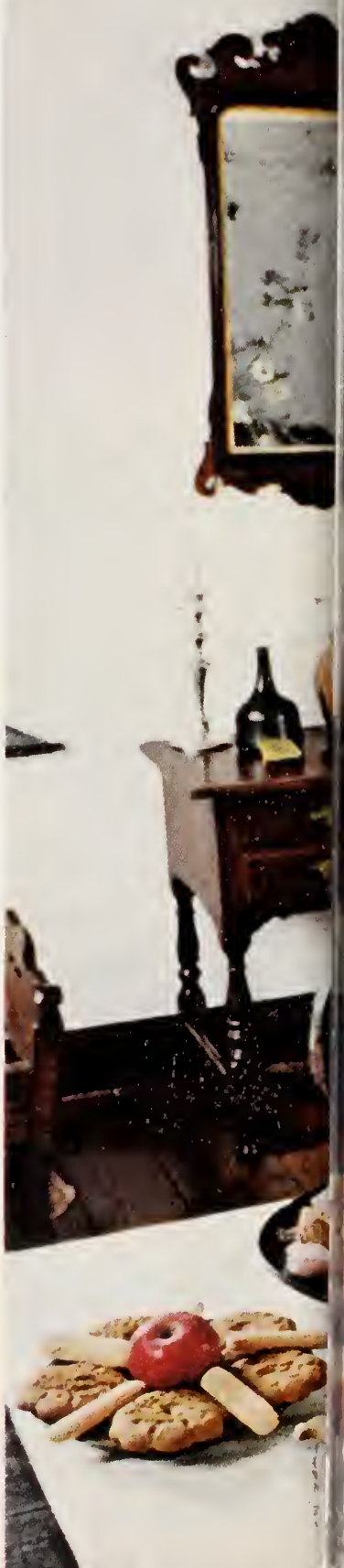
Left and above: *Renoir's* Head of a Dog, *and Van Gogh's* Farmhouse in Provence, *from the Ailsa Mellon Bruce collection of small French impressionists in the East Building.* Opposite page, bottom: *the main entrance with its specially commissioned Henry Moore sculpture. Other specially made works. Calder's mobile, a Miro tapestry, a Motherwell mural, Rosati sculptures.* Left: *Looking east toward the Capitol beyond the soaring angles designed by I.M. Pei.*

MARIE SEMEL

An antique Christmas at Winterthur

Every year in Winterthur, Delaware, the spirit of traditional Christmas is reborn. With authentic table settings and homemade ornaments, the Henry Francis Du Pont Winterthur Museum recreates the celebrations our American forefathers enjoyed, in rooms that date from the Colonial, Federal, and Empire periods, from over the entire Eastern seaboard. Decorations came from nature—fruit in tempting centerpieces, evergreens in unexpected places—and they were often designed to enhance a festive arrangement of holiday food. The etching *below* inspired the surprises for a child's Christmas party in the farmhouse parlor, *right:* a holly tree centerpiece hung with cookies, surrounded by a tiny picket fence that shelters toy animals. Also found in an early print were the ornaments used in the Windsor Tavern Room, *left*—sprigs of holly and boxwood set in each pane of the muntined window. Yuletide refreshment is a hospitable spread of nuts and spiced ale. For more Christmas cheer, turn the page.

Authentic holiday decorations and Early American foods at the museum that makes a present of the past



Above left: In a New England tavern of 1780-1820, Windsor chairs, pewter tankards and plates, an oak gateleg table, and a mahogany card table reproduce the cozy inn of an early etching.
Right: The Kershner parlor, from a 1755 Pennsylvania farmhouse, decorated to delight a child. Red boot is in the Pennsylvania German tradition.

MARIS-SEMEL

Paper angels, pyramids of fruit on old-fashioned holiday tables

Because holiday entertaining meant setting out the best, Early American Christmas tables brought together treasures from far and wide. At Winterthur, combinations of domestic and imported antiques let us see how different styles mix to give these rooms their charm. The Queen Anne Dining Room, *above*, is set for an evening party, with centerpieces that are stately and delicious: four pyramids of lady apples and grapes nestled in

apples, pears, grapes, and a crowning pineapple. Pewter tankards and English pistol knives gleam beside pewter candlesticks; the blue and white upholstery on Queen Anne armchairs is warmed by the unusual tones of English glazed earthenware plates in Chinese patterns—no two alike. In the Georgia Dining Room, *opposite page top*, the candy tree centerpiece announces the dessert course: plates of iced cakes, cookies, candy, and fruit. A Christmas

angels on the console tab seasons the sunny room, an the white damask cloth draped with swags of bo wood. On the table in the D Pont Dining Room, *righ* where the family once dine Christmas color comes fro cones of green pears at eac end of the table and two sma kumquat trees that flank center bowl of apples, pear grapes, and the exotic pin apple. For a selection of 18t century recipes that mig have been served, please tur

Opposite page: The Queen Anne Dining Room, from a house in Derry, N.H. of about 1760, borrows its name from the chairs and graceful silver pattern. **Above:** Furniture in the Georgia Dining Room, from a Milledgeville, Ga., house of about 1837, represents the flowering of American Empire decorating—but the fruit jelly tree is a Christmas idea popular among German settlers of the early 19th century. **Left:** The Du Pont Dining Room has an Aubusson carpet, Federal mahogany table, sideboard, and chairs, and woodwork from a 1733 Centerville, Md. house. Dessert is pots of crème brulée, épèrgne dishes of candy on a mirror tray. Plates and pots are Chinese export porcelain. Winterthur will give its Christmas tour from Dec. 12-31. For further information write Henry Francis Du Pont Winterthur Museum, Winterthur, Del. 19735

A garden of Christmas Delights

A glorious tapestry of holiday flowers for everyone to share

An embroidery garden (*parterre de broderie*) woven with Christmas flowers and wrapped like a present in a lattice house. It's like a trip to 17th-century France—one of the eleven around-the-world gardens under glass at the Duke Gardens in Somerville, N.J. *Left:* Boxwood fleur-de-lis brim with tulips and poinsettias. *Right:* Poinsettias in a boxwood heart. The gardens are open daily, October 1 through June 1, 12 to 4, by reservation.

HORST

Romantic decorating

Painted wonders

in rooms where imagination comes to life

There's a fantasy world waiting at the tip of a paintbrush—the brush that turned this three-sided cabana in New England into a beach-scape so real you think you're sitting outdoors. Designer David Barrett transformed Mrs. Francis Carpenter's whole house with paint-brush magic to fool and delight the eye. For an inside look, turn the page.

DAVID MASSEY

Painted flowers at your feet, and a gazebo where it's always summer

A magical escape from the everyday—that's what Mrs. Francis Carpenter wanted in her Massachusetts cottage, where David Barrett and four talented artists worked miracles with paint. "You can't be unhappy in this house," says Mrs. Carpenter. "It's always cheerful." In the living room, *opposite page, top,* the floor was stripped, bleached, and stained green, then covered with a painted white "rug" with stenciled flowers and a border of painted fringe. An eye-fooling kickback at one corner, *opposite page, bottom,* enhances the illusion: "Guests always try to turn the corner down." More imaginative romance in the breakfast room, *top left:* Painted latticework on ceiling and doors to cabinets and kitchen, decorated with exotic birds and morning-glories give the small room the freshness of a gazebo.

Far left, top: Green-sprigged "rug" pairs with summery fabric in the white living room. *Far left, bottom:* You can't straighten this rug though guests try. *Left, top:* Breakfast room table base is wood carved like a tree stump, painted white. *Left, bottom:* Painted ponies, geese, and swallows on garage doors make a "stable" at end of driveway.

Painted wonders

What Mrs. Carpenter likes best about her house is its originality. "Each room is unique," she says. "People aren't used to trompe l'oeil though it's an old French decorating technique. I've lived with and loved it all my life; it's incredibly light and gay." In the luxurious tumble of twigs and flowers that unites the master bedroom and dressing-room/bath upstairs, paint, fabric, and wallpaper all contribute—but can you tell them apart? David Barrett used Brunschwig wallpaper on walls and ceiling of the dressing-room/bath, *top left and right,* fabric in the same pattern for slipcovers, curtains, and tablecloths. Then he freshened everything with lots of ruffled white organdy and dotted swiss —some real, some trompe l'oeil—and gave the space extra interest and privacy with a free-standing divider-closet. "The whole upstairs is my own retreat," says Mrs. Carpenter, "and it's summer there when it's snowing in the rest of Massachusetts." In the dressing room, *top left* and *opposite page,* closet doors are painted to look like shirred fabric tied with ribbon bows; the free-standing closet is decorated on one side with a painted twig étagère whose shelves hold a trompe-l'oeil basket and book, a framed picture, a vase of flowers, and a fat white cat curled at its foot. The closet's other side, *bottom right,* faces the bath and backs a vanity table with a built-in basin; real swags of fabric with a green-fringed border curtain off the bath, *top right,* and frame windows. In the bedroom, *bottom left,* trompe l'oeil is a decorating problem-solver: An eight-panel screen across storage and dormers provides the unbroken

DAVID MASSEY

In the bedroom, a painted garden; in the dressing room, an étagère that isn't there

wall the room was missing. Its sectioned panels, decorated with painted birds, twigs, and hanging flowers, create niches for the skirted tables; its center panel looks like a curtain of fabric hanging from tangled branches behind the bed—but it's really painted to match the tableskirts. Peeking out from behind the ruffled pillows on the bed are two more, painted right on the screen. "I think we're going to see more of this kind of decorating in the future," says Mrs. Carpenter. "The more people see of it, the more they like it."

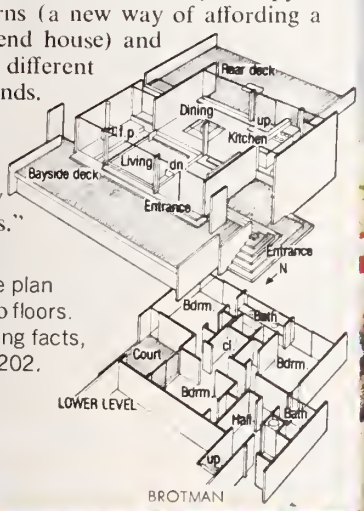
Opposite page, clockwise from left: Trompe l'oeil closet doors, painted to look like shirred fabric, break up the pattern on dressing-room walls and ceiling, slipcovers, and curtains. Fringed fabric curtains off bathroom; sink stands against floating closet that divides dressing room in half, provides wall space for mirror and lamps. Center panel of painted screen in bedroom makes a headboard with trompe-l'oeil curtain and organdy pillows. *Above:* Twig and branch motif breaks into full force on the trompe-l'oeil closet door, painted like an étagère standing against more white fabric that seems to hang from an invisible tree. Trompe-l'oeil designed by David Barrett. Artists: Bruce Dilts (breakfast room), Caryl Hall and David Cohn (living room, bedroom); cabana and garage doors designed by George Davis. Shopping information, page 202.

See-through space

Idea: Above, snug conversation center, two steps down, trimmed with mirror, lined with sailcloth sofas, defines living area in all-purpose room. Top, right: Roof-high windows of cedar house capture sweeping bay views. **Idea:** Bottom, right, differing floor levels and ceiling heights vary living, dining, kitchen areas of big room. Rear glass wall doubles light. **Idea:** Right, glass-topped dining table built into carpeted floor recess has floor pads for seats. Built-in furniture unclutters and enlarges room.

New excitement in a dynamic house designed for flexible living

Here's a house for weekends on Fire Island that adapts to many needs, interests, and activities—and does it all in less than 1,700 square feet. Designer Horace Gifford planned it with glass walls fore and aft to ally it with the outdoors. But, while glass frames the active living space, sleeping rooms are located, for privacy, downstairs. Topside, one great room, 27 by 27 feet, includes living and dining areas and the kitchen. Since they are on different levels, each also acts as an independent, self-contained room. Outdoors, two kinds of decks double living space: the front deck, bordering Great South Bay and the boating scene, and a rear deck, secluded by shrubbery, a hideaway for sunning and alfresco meals. Because the 17-foot-high room and outdoor decks are linked by the floor-to-ceiling glass walls, they can be used separately, or joined as one high, wide and handsome space. Yet within the space, materials are budget-minded, and easily maintained. Walls and ceilings are rough sawn cedar; furniture and storage is built in. Downstairs, a floor away from upstairs activity, are 3 bedrooms, 2 baths, a quiet court. The most convincing proof the house is flexible to use comes from the owners—Patrick Travis, Bill Wall, Richard Barry, William Stockman. They occupy it in turns (a new way of affording a weekend house) and make different demands. They say "it really works."



House plan on two floors. Building facts, page 202.

OM YEE BROTMAN

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MEAL IN MINUTES

MENU
Grapefruit, cucumber salad
Pasta shells with bacon, peas, and ricotta
Amaretti cookies

In her most recent book, *More Classic Italian Cooking*, Marcella Hazan describes her cooking as that "in which the least complicated means are used to achieve the most satisfying results," and this menu for four is one delicious example. Mrs. Hazan traveled all over Italy talking to good cooks and collecting recipes that reflect the style of each province — but she stresses that every cook can personalize a recipe. You might begin with the two here, paired for texture, flavor, and color contrasts and just right for either lunch or supper; preparation for the meal will take about 30 minutes.

Set the peas for the pasta sauce out to thaw—or shell and start cooking fresh ones —while you peel and slice the cucumber, grapefruit, and radishes for the salad. Cut a bit of orange zest into fine julienne to add to it, if you like. You can assemble the salad before cooking the pasta, but wait until you're at the table to toss with salt, olive oil, and lemon juice. Mrs. Hazan finds that, unless you're using fresh peas, you can begin the sauce at the same time you start the water for the pasta. Sauté the bacon and add the peas, toss cooked pasta with ricotta and butter in serving bowl, then pour sauce over all, toss once more with grated Parmesan, and serve.

Grapefruit and cucumber salad

Adapted from "More Classic Italian Cooking"

INGREDIENTS

1 cucumber, washed and thinly sliced (peel only if waxed)
1 small pink grapefruit, or ½ average size
5 or 6 small red radishes, well washed and thinly sliced
A few fresh mint leaves
Salt
Olive oil
Juice of ½ lemon, freshly squeezed
Julienned zest of ½ orange (optional)

METHOD

☐ Place cucumber slices in salad bowl. Cut grapefruit slices in half, or, if they are very large, in 4 sections. Remove all seeds and place grapefruit in bowl with cucumber. Add radish slices to the bowl. Tear mint leaves into small pieces and add to bowl. Add orange zest. Dress salad with salt, olive oil, lemon juice. Toss thoroughly and serve at once. Serves 4.

Pasta shells with bacon, peas, and ricotta

INGREDIENTS

¼ pound lean bacon, cut into narrow strips
½ of a 10-ounce package frozen tiny peas, thawed or 1 pound fresh peas (unshelled weight)
Salt
1-pound package small pasta shells or other pasta
¼ pound ricotta cheese
1 tablespoon butter
⅓ cup Parmesan cheese, freshly grated
Freshly ground black pepper

METHOD

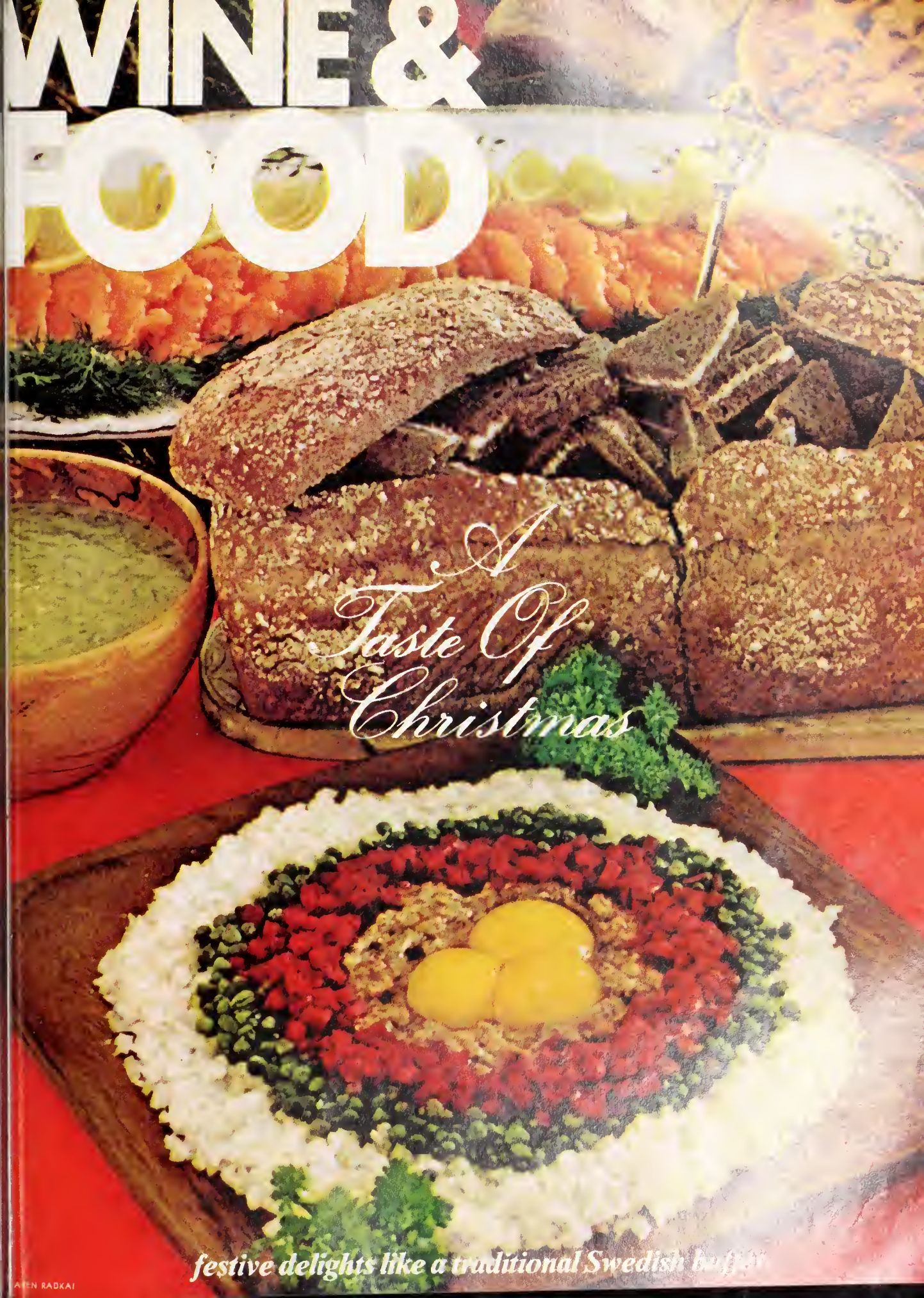
☐ Put the bacon in a small sauté pan or saucepan and cook over medium heat until it is very lightly browned and the fat melts. Do not let it become too

Continued on page 158

From "More Classic Italian Cooking" by Marcella Polini Hazan and Victor Hazan. Copyright © 1978 by Marcella Polini Hazan and Victor Hazan. Reprinted by permission of Alfred A. Knopf, Inc.

Opposite page: Just the beginning of a table of traditional smörgåsbord dishes and the best place to start—tasting the Ox Eye, *right*, a spicy appetizer, anchovies, beets, capers, and onion ring egg yolks. A little of each is mixed together and spread on buttered crisp bread. Tiny rye-bread sandwiches fill a hollowed loaf. Next to it, a bowl of sweet/sour mustard sauce for the marinated salmon, shown at *top*. More about the party, page 138.

WINE & FOOD



A Taste Of Christmas

festive delights like a traditional Swedish buffet

ARTEN RADKAI

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Celebrate with a Swedish buffet

A Christmas feast with twenty-five different things to taste

Pull out all the stops for Christmas, combine all the best holiday traditions and foods in one huge, beautiful party as did Ulla Wachtmeister, wife of Count Wilhelm Wachtmeister, Sweden's ambassador to the United States. While the children at the party celebrated St. Lucia Day—usually December 13 and the beginning of the holiday season—with costumes, homemade gingerbread houses, and cookies, the adults were treated to a Swedish smorgasbord. Slim and blonde, Countess Wachtmeister walks with an athletic countrywoman's step hinting at the energy that propels her through entertaining an average of 5,000 guests a year.

A buffet of hot and cold dishes works well for entertaining lots of people. The Christmas party serves 50 with very little tending by the hostess. Countess Wachtmeister thinks out the presentation of dishes in such a way that they continue to look well even after several helpings have been taken. The Eggs Gripsholm, a simple mixture of hard-boiled eggs in béchamel, is spread out on the serving plate, then

Ulla Wachtmeister

Every party should have a different mood to fit the people, the season, the food

rows of garnishes arranged over the top so each person gets a good supply of bacon and parsley as well as the main dish.

Lots of ducks are roasted ahead of time, their breast meat carved off and sliced, then reassembled and "glued" back to the carcass with chicken liver pâté. The whole duck gets a thin icing of more pâté and a glistening coat of aspic. Countess Wachtmeister surrounds one whole duck carved in this fashion with several more sliced and reassembled duck breasts. The leftovers make a wonderful soup—cook the bones and legs with aromatic vegetables.

Aspic serves an important function at buffets. The aspic seals the food and prevents it from drying out while standing on the table. It also holds the shape of pâtés, making them easier to serve. The aspic reflects light and looks pretty—which is as important to Countess Wachtmeister, who is also a painter, as the taste. She gives even the butter a new dimension—shaped into balls and stacked in a pyramid, it is easy for guests to take what they need without disturbing the whole shape.

A buffet offering so many choices is a good time to introduce meats or vegetables that might be unfamiliar. A ring of cold smoked ox tongue (also good hot with a Madeira sauce) surrounds a chicken mousse mixture of ground chicken and cream, spiced with soy sauce, and bound with just a touch of flour. Smoked reindeer brought especially from Sweden for the occasion sits down the table from a more familiar and equally traditional ham—though even the ham is dressed for dinner with an icing of butter and confectioners sugar spelling out *God Jul* (happy Christmas).

A roast pig is not so exotic as you may think. Countess Wachtmeister found hers with a red ribbon around its neck at the supermarket for about $30. An 8-pound pig is no bigger than a large turkey and probably easier to cook. Just fit in a large roasting pan, sprinkle in and out with rosemary, and roast until crispy.

A leek gratin is another favorite—layers of sliced leek, potato, and egg-milk mixture, seasoned with salt and pepper, topped with grated cheese, and baked until tender. Reheat when ready to serve.

"I like to use simple ingredients to the best effect," says Ulla Wachtmeister. And not only in her cooking. Her decorations come from the grounds around the Embassy as well as from her collections of things gathered from family and travels. Hollow tree stumps hold breads and support platters; evergreen boughs cover Christmas-red cloth ($1 a yard drapery fabric), and are frozen in ice around aquavit bottles; split logs hide warming candles turning her grandmother's copper pots into chafing dishes. A large block of ice frozen in a plastic gallon container keeps Swedish anchovies cold. Traditional Swedish straw goats wearing red ribbons line the table (legend says the Norse god Thor rode a goat). Comfortably large square wooden buffet plates are the booty from a trip to Haiti. Even the lighting is simple—candles, candles everywhere. Fat blue ones among the evergreen, white ones in cored, fresh apple candlesticks, more in modern metal candelabra. "We love color and candles and even light them for winter breakfasts."

Christmas smorgasbord

Swedish anchovies
Matjes herring on ice with chopped onions, sour cream
Boiled potatoes with dill
Crisp, flat breads, wheat bread
Butter pyramid
Filled rye bread
Marinated salmon, mustard sauce
Ox eye
Molded chicken pâté
Sliced cold ox tongue
Glazed cold duck
Liver pâté
Jellied pig's feet
Smoked reindeer
Tomato salad
Sweet and sour red cabbage
Lingonberries
Eggs Gripsholm
Mr. Jansson's temptation
Stuffed cabbage leaves
Beef Lindström
Christmas ham
Baked suckling pig with apples and prunes
Small Swedish pancakes filled with vanilla cream and served with cloudberry jam
Ginger cookies
Aquavit/Red wine

Potato dishes are emphasized at Christmas time and many are easily made ahead. One such is Mr. Jansson's temptation: Julienne potatoes and layer with thinly sliced onions and a few chopped Swedish anchovies in a baking dish. Top with pats of butter, a little oil from the anchovy can, and pour over heavy cream. Bake in a moderate oven until golden brown.

For recipes, see page 144

Celebrate with a

Swedish Buffet

Glazed duck, marinated salmon, Swedish pancakes with cloudberry jam, and other delectable things to eat

"You have to know how to handle a smorgasbord. You start with herring—but just a little bit with a piece of buttered potato—then tastes of the cold meats and salads, and finally to the hot dishes," says Ulla Waehtmeister, wife of Sweden's ambassador to the United States and champion party-giver. Logs on the table serve decorative and practical purposes—each pair supports a hot dish and hides warming candles between. To freeze bottles of spirits as Arvid Johansson, Countess Waehtmeister's butler and chief organizer, does (shown, *right*)—boil water to make it clear, cool, then pour around bottles in milk cartons. Tuck in greenery and freeze. Peel off carton. The aquavit or vodka will get syrupy, but not freeze. An extra touch—borrow the stopper from a decanter. Menu and recipes, page 144.

Top, left to right: *Hard to resist cookies. Never-ending smorgasbord. Two kinds of herring, salmon, ox eye.*

Center, left to right: *Aquavit with greens and crystal stopper. Duck "iced" with chicken liver pâté. Butter pyramid, liver pâté. Chicken pâté in aspic ringed by sliced ox tongue.*

Bottom, left to right: *Crêpes with vanilla cream and jam. Boiled potatoes soak up salty flavors. Pig's feet mold has parsley crown. Eggs Gripsholm arranged vertically—parsley, bacon, eggs, chopped egg white.*

Share a rustic

Italian Christmas Eve

Leek pie, beans cooked in a flask, and a mixed grill of meats, sausages, squab, and quail, all cooked over an open hearth

If there's no fireplace, the same meal can be cooked with conventional methods. The recipes for a Christmas or New Year's Eve dinner are all from Giuliano Bugialli's (he's assembling the grill, *right*) *The Fine Art of Italian Cooking*. "We sit down about 10 P.M. and don't get up from the table for hours! Food the next day is lighter; this is the big celebration meal." Menu and recipes, page 150.

Above: *The feast spread out in the home of Robert Nunnelley.*
Below: *Cooking in the fireplace, left to right—beans, meat grill with potatoes, and polenta.* **Inset:** *molded rice dessert.*

BEADLE

Enjoy a

French Christmas Dinner with

Michel Guérard

A minceur salmon in aspic, baron of rabbit with noodles and turnips, and an apricot-sauced baked apple for dessert

A festive finale to five days of cooking classes with Michel Guérard in the Napa Valley—the meal balances cold/hot, crisp/tender, color/taste. "The meal leaves your palate in awe. You feel as if you've been led down a garden path by Guérard's light, clever, imaginative touch," says Michael James, who with his partner, Billy Cross, brings The Great Chefs of France to The Robert Mondavi Winery each year. Recipes, page 155

Left: *Table loaded with orchids; settings from John Simmons, San Francisco.* **Below,** *Salmon in aspic, Guérard sampling wine, rabbit with halved kidney, apple with almond cream topping, fruit granité.*

ELYSE LEWIN

GOOD SPIRITS

By Henry McNulty

Toasting Christmas

Calvados pâté, pasta with Armagnac, an old-fashioned Wassail, and a frothy banana-rum shake

Unbridled nostalgia is the usual recipe for Christmas celebrations, with a large part of the time spent indulging in pure sentiment. Tradition for the kids' sake I go along with, but the adult celebrant, having ceased peeping from behind mother's skirt, may be pardoned for wanting something gutsier in the way of feast and frolic. Ring a few daring changes on your kitchen carillon. Try some new Christmas food and drink ideas.

Carol Adams, a talented painter from Oregon, as well as a talented cook, likes to give homemade gifts to her friends at Christmas. One of her specials is **Calvados Pâté.** She uses 1 pound chicken livers sautéed in 3 tablespoons of butter until they are pink in the middle, then adds half a cup chopped onions and 1 small green apple, chopped. Cook until onion is transparent and cool. Put in a food processor and add half a pound of butter, 2 tablespoons cream, 1 teaspoon lemon juice, 1½ teaspoons salt, pepper, and 4 tablespoons Calvados. Pour into the craziest mold you have and chill until firm. Serve with sliced green apples and a good rough, firm bread.

Her other Christmas treat is **Marmalade in a Candied Orange.** Cut tops off 4 large oranges and scoop out the flesh as if you were going to make tiny jack-o'-lanterns. Leave the navel intact. Cover the shells with water, boil for 10 minutes, and drain. Do this individually for each one. Cool them. Combine 6 cups of sugar and 6 of water in a large pan with 6 tablespoons of glycerine that you have bought in a drugstore, making sure the ingredients all dissolve, then bring to the boil. Add the orange shells and lids and boil at 232° until medium thick. This could take 3 hours. Let the shells sit in the syrup, off the heat, overnight. Bring to the boil once more, being careful not to burn the syrup. Let them cool until you can handle them, remove, and roll them in sugar.

Next the marmalade filling. For this, boil 5 medium-sized whole oranges and 2 small whole lemons for 40 minutes. Let them stand for 4 hours in the water, remove, drain and freeze the fruit. (This makes it easier to slice thinly into half-moons, either in the food processor or with a sharp knife.) Bring the sliced fruit to a boil in 6 cups of sugar and 3 of water; cook for 20 minutes or until thickened. Add half a cup of lemon juice and 2 tablespoons of cognac. Let it set for 4 hours before pouring into the shells. Once you've eaten the marmalade, the shells can be cut up for candied orange peel, or julienned and coated with bittersweet chocolate for a terrific dessert.

You have probably never had a real **Wassail**, which might be as exotic a way to start your Christmas party as any other you could dream up. Here is how you do it for a party of about 10. First bake 6 apples, the normal way with brown sugar in the middle. Then put ¼ teaspoon ground nutmeg, 1 clove, ½ teaspoon ground ginger, a blade of mace, an inch-long stick of cinnamon, 3 coriander seeds, and 3 cardamom seeds into a cup of water in a saucepan and bring to the boil. Add 2 bottles of medium dry sherry (dry, if you prefer), 3 tablespoons brandy, and a half-pound of granulated sugar. Heat all this slowly.

Meanwhile, separate 6 eggs and put the whites and 3 of the yolks into your wassail bowl. When the sherry mixture is warm, add a cupful of the liquid to the eggs and mix well, repeating the process until you have added 5 cupfuls. The sherry should have reached nearly boiling point by this time. As soon as it starts to boil, pour it over the eggs, whisking the whole briskly to fluff the liquid up. Drop the baked apples into the wassail and serve.

The old days in America were more casual from the diplomatic point of view than they are now, it seems, for when Thomas Jefferson was President, he asked his charge d'affaires in Rome to pop in to Naples some time to buy him a macaroni machine for Christmas at the White House. It is possible that old Thomas made his macaronis the way Beppe Bellini, the Florentine antiquary and gourmet, likes it, with Armagnac. The sauce for this exotic snack (you cook the macaroni normally) is made by first chopping 1 onion, half a carrot, half a stalk of celery, and 3 sprigs of parsley. Sauté all gently in olive oil. In another pan, melt 2 tablespoons of butter into which you put 6 peeled tomatoes. When they begin to fall apart, pour in ¼ cup old Armagnac and cook for 5 minutes. Put the onion, celery, etcetera, into this mixture. Simmer them together for 10 more minutes. Pour over 1¼ pounds macaroni and toss with ground pepper and salt to taste.

For fighting a rear guard action against starvation after the Christmas-feasting battle, you could serve **Irish Coffee.** There is a Hong Kong version that is quite complicated, but delicious. In a small saucepan, heat 6 teaspoons of sugar until caramelized. To this, you add 3 cups of strong coffee (espresso, if you don't mind adding another nationality to this beverage), which you have brewed in advance, and a sprinkling of cinnamon with the peel of an orange (or 1 measure of Cointreau, if you prefer). Bring all this to a boil. At the same time, heat 2 jiggers of brandy mixed with 2 of whiskey. Pour into 4 stemmed, tulip-shaped glasses enough coffee to fill each about halfway up. Divide the liquor mixture equally between the glasses. On top of the whole, you gently pour 2 teaspoons of heavy cream per glass. Ah-so—you have genuine Oriental Irish Coffee, begorrah.

On the other hand, an authentically Irish version of this beverage from County Kildare (fortunately to be found at, and distributed to its lucky guests by, the Blackchurch Inn, right beside the Punchestown race course) is popular because, as the Irish say, "There's both atin' and drinkin' in't." This Irish version is a double measure of Irish whiskey, of course, used to top up 1 cup of strong black coffee in a tall, stemmed wineglass in which you have dissolved a teaspoon of sugar. Stir well. Add a tablespoon of heavy cream. Irish cream is so thick you need no artificial aids to make it float, but you may have to use an upside-down teaspoon over which to pour American cream to achieve the same result.

A Haitian Cafe Diable could be your grand finale to the meal. Cut the peel of 1 orange and 1 lemon into 4 ounces of rum with 6 lumps of sugar in a small saucepan and heat them. Separately heat another 4 ounces of the liquor, flame it, then drop in 1 cinnamon stick, and add to the first batch of heated spirit. As the flame dies down, pour in 3 cups of strong black coffee, blend the mixture, and serve in demitasses.

For a **semi-freddo cocktail,** put 2 dashes each of Angostura and curaçao into a blender, with a teaspoon of sugar dissolved in a bit of water. Add ice and 4 ounces light rum. Blend until the ice is mushy. Spoon into a glass with the juice of 1 lemon. Add a twist of lemon peel. Serve with straws if you like.

Four festive friends might enjoy a **banana-rum milkshake.** Peel 4 ripe bananas, slice, and remove the center with its seeds. Poach them in lightly boiling water for 5 minutes. Cut and blend them in a mixer with 4 glasses of milk, 8 teaspoons powdered sugar, 4 egg yolks, and 4 ounces white rum until you have a smooth, unctuous liquid. You can either serve this hot for the winter season or cold in summer. ■

The Bacardi rum cake. Nice. And easy.

BACARDI® rum cake

Cake:

1 cup chopped pecans or walnuts
1 18½ oz. pkg. yellow cake mix
1 3¾ oz. pkg. Jell-O® Vanilla Instant Pudding and Pie Filling
4 eggs
½ cup cold water
½ cup Wesson® Oil
½ cup Bacardi dark rum (80 proof)

Glaze:

¼ lb. butter
¼ cup water
1 cup granulated sugar
½ cup Bacardi dark rum (80 proof)

Preheat oven to 325°F. Grease and flour 10" tube or 12-cup Bundt® pan. Sprinkle nuts over bottom of pan. Mix all cake ingredients together. Pour batter over nuts. Bake 1 hour. Cool. Invert on serving plate. Prick top. Drizzle and smooth glaze evenly over top and sides. Allow cake to absorb glaze. Repeat till glaze is used up.
Glaze: Melt butter in saucepan. Stir in water and sugar. Boil 5 minutes, stirring constantly. Remove from heat. Stir in rum.
Optional: Decorate with whole maraschino cherries and border of sugar frosting or whipped cream. Serve with seedless green grapes dusted with powdered sugar.

For free booklet of recipes for entrées, desserts, snacks, hors d'oeuvres, drinks and punches, write: Bacardi Imports, Inc., Dept. MHG, Bacardi Bldg., Miami, FL 33137.

...rum. The mixable one. Made in Puerto Rico.

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Cornelius
for Corning

As the head of Creative Services for Corning, I've traveled all over the country for years, giving lectures and demonstrations, spreading the word about new products and accessories, dispensing tips on use and care, and cooking up recipe ideas. Yet I realize I could out-travel Gulliver and still only reach a small number of the homes in America that own Corning products. So starting now, I'll be talking to millions of you with this special column, which I hope you'll come to consider your column. I'd really like to hear from you. Here are some examples of what you'll be hearing from me.

"PG"-rated Brandy Balls.

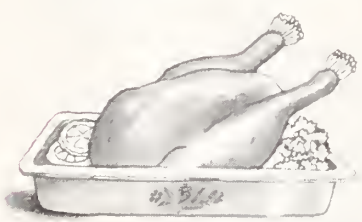
Knowing how kids get their licks out of mixing bowls, I must warn you that this recipe is rated "PG." These Brandy Balls make marvelous homemade holiday gifts and keep wonderfully—especially when I pack them into Corning "Show-It-All™" glass canisters. They show them off to their best advantage and have the added advantage of making lasting gifts in themselves.

- 13½-oz. package graham cracker crumbs
- 1 cup confectioners' sugar
- ¼ cup cocoa
- 8 oz. finely chopped walnuts
- ¼ cup corn syrup or liquid brown sugar
- ⅓ cup orange liqueur
- ⅓ cup brandy

Blend by hand until pasty; then pinch off pieces to shape ¾" balls. Place in Show-It-All containers and chill overnight. Makes 6 dozen.

The Turkey Trot.

Here's a holiday turkey that trots from its main roasting in your microwave to a final 15 minutes in your regular oven at 400°—emerging in a glaze of glory. The glaze is a blend of ½ cup butter, ½ tsp. ginger, 2 tbs. each honey, brown sugar and water, heated till melted, then brushed on the turkey just before inserting in the regular oven. The entire Turkey Trot is performed in one Corning Ware® roasting pan that does all the steps: microwave to oven to table. And when the party's over...



No elbow grease.

Because your Corning Ware roaster is so hard and nonporous, it's easy to clean. You don't have to use metal scouring pads—in fact, you *shouldn't!* They just leave soft metal residue. Simply fill your roaster with detergent and water and walk away. (Later you may lightly scrub bad burn-ons with plastic mesh.) It's so easy it may make you feel uneasy—but your conscience will be as clean as your Corning Ware pan.

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Cornelius

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continued from page 139

Ox eye

INGREDIENTS

5 3-ounce cans Swedish anchovy fillets, finely chopped
½ pound beets, finely chopped
½ pound onion, finely chopped
3 egg yolks
Capers
Swedish rye crispbread, butter

METHOD

☐ Place chopped anchovies in a ring in the center of a round platter. Surround with a ring of chopped beets, then with an outside ring of onion. Place egg yolks in the center of the dish in anchovy ring. Garnish with a thin ring of capers.

☐ The first person to help himself stirs some of all ingredients together with serving spoon. Take a small spoonful on your buffet plate to eat on buttered crispbread. Serves 6-8.

Jellied pig's feet

(Sylta)

INGREDIENTS

4-5 fresh pig's feet, rinsed well and cut in halves lengthwise
Salt, pepper
Allspice

METHOD

☐ Place pig's feet in a saucepan of boiling salted water to cover and boil until tender, about ¾-1 hour. Cut all meat from the bones and discard bones. Cut meat into very small pieces. Strain the stock and season with salt, pepper, and allspice. Return meat to the stock, bring to a boil, and simmer until somewhat reduced. Pour mixture into a loaf pan and chill until firm. To serve, dip mold briefly into warm water, unmold onto a serving platter. Serves 6-8.

Filled rye bread

INGREDIENTS

1 large loaf rye bread, round or rectangular, unsliced
1 cup butter, softened
1 bunch scallions, finely chopped

METHOD

☐ Use a sharp knife to remove the top of the loaf of bread and set it aside. Cut out the inner part of the bread in one whole piece, cutting through bottom crust. Slice this thinly, as you would for sandwiches. Combine butter and scallions in a bowl. Spread this mixture over slices of the bread, top with another slice, then halve or quarter the sandwiches. Fill the hollowed "breadbasket" with these sandwiches and serve with the top of the bread decoratively set to one side. Makes about 30-40 small sandwiches.

Continued on page 146

Fresh, as if J. L. Kraft had delivered it himself.

Fresh cheese! There's nothing like it for good, wholesome eating.

It's what Kraft promises in its fresh-wrapped Cheddars and Colbys. Mild to sharp—regular wrap or traditional wax dipped—KRAFT Cheddars and Colbys give an extra helping of flavor to salads, casseroles, all kinds of dishes. They're the cheeses with the wagon symbol of freshness right on the package. That's freshness, for sure.

KRAFT *America spells cheese KRAFT.*

continued from page 144

Marinated salmon

A special recipe for frozen salmon

INGREDIENTS

3-pound salmon, cut in half lengthwise while still frozen, but a bit soft
1 cup coarse salt
Fresh dill, chopped
Mustard sauce (recipe below)

METHOD

☐ Place salmon halves side by side on a tray or baking sheet with the skin side down. Coat each half of the salmon with a layer of salt like a fine coat of snow. Leave in a fairly cold place 12 hours, then remove any salt that has not been absorbed into the fish and lift out the bones. Do not remove the skin. Put the two halves together and place in the refrigerator in a sealed plastic bag another 12 hours or longer—it will keep in the refrigerator for up to a week. To serve, pat dry with paper towels if necessary, slice thinly, and arrange on a platter. Garnish with fresh chopped dill. Serve with mustard sauce.

Mustard sauce

INGREDIENTS

2 tablespoons Dijon-style mustard
1 tablespoon sugar
1 egg yolk, lightly beaten
½ cup salad oil
Salt, freshly ground black pepper
2 tablespoons fresh dill, finely chopped

METHOD

☐ Mix together the mustard, sugar, and egg yolk in a bowl or blender. Gradually beat in the salad oil and continue beating until the sauce is thick and smooth. Add salt and pepper to taste and the fresh dill. Makes about ¾ cup.

Eggs Gripsholm

INGREDIENTS

10 eggs
2 tablespoons butter
2 tablespoons flour
2 cups milk, heated to the boil
Salt, pepper
Pinch nutmeg
½ cup Parmesan cheese
¾ pound bacon, crisply cooked and chopped
1 large bunch parsley, chopped

METHOD

☐ Boil the eggs in a saucepan 10 minutes. Remove, submerge in cold water, and let cool. Meanwhile, melt butter in a heavy-bottomed saucepan over very low heat. Blend in flour and cook slowly, stirring, for about 2 minutes—do not let the mixture take on any color. Remove pan from heat, pour in hot milk all at once, and beat vigorously with a wire whisk.

☐ Set pan over moderately high heat and stir with whisk until sauce comes to the boil and simmer 5 minutes, stirring. Remove pan from heat, beat in salt, pepper to taste and the nutmeg. Mix in the Parmesan cheese.

☐ Shell the boiled eggs, reserve a few yolks to sieve, then chop the rest of the yolks rather coarsely. Dice the egg whites, reserving about ⅓ of them. Mix the chopped eggs into the sauce. Pour the hot egg mixture on a warm serving plate. Garnish on top with rows of chopped bacon, egg yolks, egg white, parsley. Serve hot.

Beef Lindström

INGREDIENTS

1¼ pounds ground beef
2 boiled potatoes, finely chopped
2 egg yolks
½ cup cream
2 pickled beets, finely chopped
1 onion, finely chopped
2 teaspoons capers, finely chopped
Salt, white pepper
Butter
Parsley

METHOD

☐ Mix together ground beef, potatoes, egg yolks, and cream in a bowl. Add the beets, onions, and capers and stir to blend. Season with salt and pepper, then shape in small, rather thick round patties. Melt butter in a skillet until sizzling, add patties and brown them quickly, but do not overcook them. The patties should be very juicy, so will not need a sauce, but you may serve them with the pan juices. Garnish with parsley. Serves 6.

Sweet and sour red cabbage

INGREDIENTS

2 tablespoons butter
1 large head red cabbage, sliced finely into long pieces
1 tablespoon light corn syrup
2 apples, chopped
1 onion, chopped
Juice of 1 lemon
⅓ cup vinegar
Salt, pepper to taste

METHOD

☐ Melt butter in a large skillet or saucepan, add cabbage and syrup and fry slowly while mixing. Add the apples, onion, lemon juice, and vinegar. Season with salt and pepper, cover, and cook over low heat about 1 hour, turning often. Add a little water if necessary while the cabbage cooks. Serve with ham and other meats.

Baked suckling pig

INGREDIENTS

1 8-12 pound suckling pig
Salt, pepper
3 tablespoons dried rosemary
3 pounds apples, halved
Butter
2 cans chicken consommé
10 apples, halved in a sawed-tooth pattern
1 pound prunes, pitted and cooked in water

METHOD

☐ Have the butcher prepare the pig for roasting. Scald the pig to release a bit of the fat, then wipe dry. Place in a large baking pan, season the interior of the pig with salt, pepper, and rosemary, and fill with apple halves. Butter the pig well and pour the consommé around it. Bake 20 minutes in a preheated 425° oven, then reduce heat to 400°. Roast the pig about 2 hours total, basting often with pan juices. If the skin bubbles, prick with a fork, and cover with foil when it is nicely browned to prevent burning. When it is done, remove pig to a serving platter. Serve with a whole apple in its mouth and surround with baked or poached apple halves (cook for about 5 minutes) filled with prunes. Serves 12-14.

Stuffed cabbage leaves

(Kåldomar)

INGREDIENTS

8 large cabbage leaves
2 teaspoons salt
¾ pound ground beef
¼ pound ground pork
½ cup cooked rice
1 egg
2 teaspoons flour
½ cup milk
Pepper
Butter
1 tablespoon brown sugar or dark syrup
Beef broth
2 tablespoons flour
2 tablespoons heavy cream
Soy sauce to taste

METHOD

☐ Place cabbage leaves in a kettle in water with 1 teaspoon salt, bring to a boil, and simmer about 4 minutes—do not overcook the cabbage. Remove from water and drain well. Cut leaves in half.

☐ Mix together in a bowl the ground meat, rice, egg, flour, milk, 1 teaspoon salt, and pepper. Divide mixture evenly among the cabbage leaves, spreading it down the center and leaving a border all around. Do not overstuff the leaves. Fold the sides of leaves over meat, then roll up loosely, envelope fashion.

☐ Melt butter in a baking pan, add the cabbage rolls, and pat on top with butter. Sprinkle with brown sugar or syrup. Bake in a preheated 350° oven 50-60 minutes, turning the rolls once to ensure even browning. Add a bit of water during cooking if the rolls look as if they might burn. Make a brown sauce of the pan juices, beef broth, flour; add cream and soy sauce to taste. Serve with boiled potatoes and lingonberries or cranberry sauce as well, if desired.

Continued on page 148

Relish.

The tempting Mustard Mold Classique. Made special with KRAFT Real Mayonnaise. Simple, yet elegant with your late-night holiday buffet. And just a sliver with roast beef or ham satisfies. With this 10¢ coupon, it's truly something to relish.

MUSTARD MOLD CLASSIQUE

1 envelope unflavored gelatin
1/2 cup cold water
1 cup KRAFT Real Mayonnaise
1/2 cup KRAFT Pure Prepared Mustard
1/4 teaspoon salt
1/4 teaspoon paprika
1/2 cup heavy cream, whipped
Lettuce

Soften gelatin in cold water; stir over low heat until dissolved. Cool. Combine mayonnaise, mustard and seasonings. Gradually stir in gelatin. Chill until slightly thickened; fold in whipped cream. Pour into lightly oiled 1 qt. mold. Chill until set. Unmold; surround with lettuce. Serve with ham or roast beef slices and relishes, if desired. 8 servings

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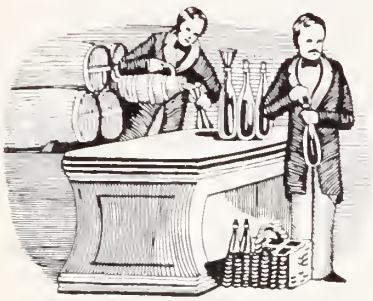

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INGLENOOK

Celebrating 100 years of Superior Winemaking
1879-1979

Inglenook Vineyards, Rutherford, Napa Valley, California

Swedish buffet
continued from page 146

Christmas ham

INGREDIENTS

12-15 pound ham, pickled in brine
24 allspice berries or peppercorns
1 egg, well beaten
Dry mustard
Brown sugar
1 cup fine dry bread crumbs
2 tablespoons butter, softened
7-8 tablespoons confectioners sugar
Yellow food color (optional)

METHOD

☐ Place ham in a large kettle with enough water to cover. Add allspice. Bring to a boil and simmer 4-5 hours for a 12-pound ham, 5-6 hours for a 15-pound ham. Let ham cool in the water, then remove to an ovenproof platter or baking dish. Remove rind and cut away excess fat. Brush with beaten egg. Mix together equal parts of dry mustard and brown sugar and coat the ham with the mixture, then sprinkle bread crumbs over all. Bake in a preheated 350° oven 20 minutes, until nicely browned on the outside. Cool. If you want to decorate ham, whip together butter, sugar, and food coloring. Use to pipe "Happy Christmas" onto ham.

Glazed cold duck

INGREDIENTS

1 5-pound duck
1 lemon
Salt
Chicken liver pâté (recipe below)
Aspic of chicken consommé and gelatin
Whole ripe olives
Parsley

METHOD

☐ Scald the duck to release some of the fat if desired, then pat duck dry and place on a rack in a baking pan. Rub the cavity of the duck with a cut lemon and rub the skin with salt. Place in a preheated 375° oven for 1½ to 2 hours, pricking the skin often and draining fat from the pan. The duck should be golden brown, juicy, and still slightly pink inside. Let cool. Cut out breast halves and slice into long thin slices. Replace on the duck, and follow the same method for the legs. Use a little liver pâté to help hold the pieces in place, then cover the entire duck with a very thin coating of pâté. Glaze with aspic and garnish with olives and parsley.

Chicken liver pâté

INGREDIENTS

2 tablespoons bread crumbs
1 cup heavy cream
½ pound chicken livers
1 small onion
2 tablespoons flour
2 eggs
Salt, white pepper
2 tablespoons butter, melted and cooled

METHOD

☐ Soften bread crumbs in the cream in a small bowl. Chop the chicken livers and onion very fine in the work bowl of a food processor. Mix together the bread crumbs, livers, onion, flour, eggs, and salt and pepper to taste in a bowl. Add the melted butter and blend well.

☐ Pour the pâté mixture into one large or several small buttered molds. Place the molds in a larger baking pan and pour in boiling water to come ⅔ up the sides of the molds. Bake the pâté in a preheated 350° oven 40-50 minutes. Let cool, then refrigerate. Unmold when cold.

Swedish pancakes

(Plättar)

INGREDIENTS

3 eggs, separated
4 cups milk
2 cups flour
2 tablespoons sugar
4 tablespoons butter, melted and cooled
Vanilla cream (recipe below)
Confectioners sugar
Cloudberry or raspberry jam

METHOD

☐ Beat the egg yolks with the milk in a bowl. Whisk in the flour. Add the sugar and butter and let mixture stand 2 hours. Beat the egg whites until they hold stiff peaks, then fold into the yolk mixture.

☐ Melt a bit of butter in a crêpe pan or, if possible, a Swedish plättjärn griddle for small pancakes. Pour on a thin circle of batter, cook until it bubbles on top, then flip the pancake over to cook on the other side until golden brown. Continue with the rest of the batter; let pancakes cool.

☐ Fill cooled pancakes with vanilla cream, place in an ovenproof serving dish, and run in a 325° oven for 10 minutes before serving. Sprinkle with confectioners sugar and serve with cloudberry or raspberry jam.

Vanilla cream

INGREDIENTS

1 cup cream
2 egg yolks
2 tablespoons sugar
2 teaspoons cornstarch
1 teaspoon vanilla

METHOD

☐ Blend together cream, egg yolks, sugar, and cornstarch in a saucepan. Cook, stirring constantly, over low to medium heat until the sauce thickens. Let cool—when cool, stir in vanilla, then fill pancakes with the cream. ■

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DINNER

Leek pie
Polenta
Mixed meat and fowl roasted on a spit
Boiled Tuscan beans
Villa Antinori Bianco
Villa Antinori Chianti Classico

Molded rice pudding with fruit

Leek pie

INGREDIENTS FOR FILLING

5 bunches leeks (about 20 leeks), rinsed well and sliced into rings
3 tablespoons olive oil
1 tablespoon butter
Salt, freshly ground pepper to taste
4 eggs
6 ounces pancetta (salted, unsmoked bacon) or 3 ounces lean salt pork, rinsed plus 3 ounces boiled ham, chopped

INGREDIENTS FOR CRUST

2 ounces compressed fresh yeast or 4 packages active dry yeast
1 cup lukewarm or hot water (depending on the type of yeast)
3 cups all-purpose flour
2 eggs
1 teaspoon salt

METHOD FOR FILLING

☐ Place leek rings in a large bowl of cold water for 10 minutes. Rinse several times to remove all grains of sand. Heat olive oil and butter in a large flameproof casserole. When butter is melted, add leeks and sprinkle with salt and pepper. Cover and cook very slowly until the leeks are soft, 30-40 minutes, stirring frequently with a wooden spoon. Remove from heat and let leeks stand until cold, about 1 hour.

METHOD FOR CRUST

☐ Dissolve yeast in the lukewarm or hot water. Place flour in a mound on a board. Make a well in the flour, then pour in dissolved yeast and add eggs and salt. Mix with a wooden spoon, incorporating flour from the inside rim of the well, little by little. When the dough is firm, start kneading. Knead until all but 2 tablespoons flour is incorporated, about 20 minutes. Sprinkle dough with the remaining flour and cover with a cotton dishtowel. Let stand in a warm place, away from drafts, until doubled in size, about 1½ hours.

METHOD FOR ASSEMBLY

☐ Break the 4 eggs into the casserole with the leeks and mix well with a wooden spoon.

☐ Gently roll the dough into a large round, less than ½-inch thick. Fit dough into an oiled 10-inch springform pan, letting excess dough hang out over the edges.

☐ Sprinkle the chopped pancetta over the dough. Using a slotted spoon, fill the springform with the leeks. Most of the eggs will be picked up in the spoon, but the extra liquid given off by the leeks will stay behind in the pan, which would waterlog the crust. Cut off the dough around the edges of the pan with a knife. Turn the edges inward, over the leeks, to make a border. Sprinkle with abundant freshly ground pepper (the dish should be peppery), then place in a preheated 400° oven for 45-50 minutes.

☐ Remove from oven and allow to cool 15 minutes before opening the springform. Remove from springform and transfer to a serving dish. To serve, cut like a pie. It may also be eaten cold. Serves 12.

Mixed meat and fowl roasted on a spit

INGREDIENTS

1 chicken, about 3½ pounds
1¾ pounds pork loin
18-24 leaves sage, fresh or preserved in coarse salt
Salt, freshly ground black pepper to taste
12 quails
3 squabs
12 sweet sausages
1 pound pork liver (optional)
½ pound caul fat
¾ cup bread crumbs
3 tablespoons fennel seeds
6 medium-sized bay leaves
1 long, skinny baguette Italian or French bread, sliced in rounds (preferably underbaked so it will not have formed a browned crust)
12-14 bay leaves
1 cup olive oil
Roast potatoes, optional. (In Italy potatoes are placed in a special pan placed under the skewer to catch the drippings and cook along with the meat)

METHOD

☐ Cut the chicken and pork loin each into 12 pieces. Place ½ sage leaf, salt, and pepper in cavity of each quail. Cut the squabs in quarters. Puncture sausages with a fork.

☐ Prepare pork liver as follows: Soak the caul fat in a small bowl of lukewarm water for 10 minutes. Cut pork liver into 8-10 pieces and set aside. Combine bread crumbs, fennel seeds, salt, and pepper in a large bowl and mix well. Carefully open the caul fat and spread it out on a board. Cut it into 8-10 pieces. Add the liver to the bowl and mix well, then place each piece on top of a piece of caul fat. Add ½ bay leaf to each piece and wrap completely in fat. Fasten the caul fat to the liver with a toothpick.

☐ Start the fire in your charcoal grill or improvise an open-air grill for your oven by putting 2 cups cold water in a very large stockpot or casserole, along with 1 tablespoon olive oil and 1 tablespoon coarse salt. You will rest the skewer on the stockpot and the steam from the water will keep the meat soft and moist.

☐ Hold a long spit or skewer vertically and push each piece of meat onto it, drawing the first piece to the other end of the spit to make room for the others, according to the following pattern: chicken piece, ½ bay leaf, bread; pork loin piece, ½ sage leaf, bread; squab quarter, ½ bay leaf, bread; sausage, ½ sage leaf, bread; quail, ½ bay leaf, bread; optional pork liver piece, ½ sage leaf, bread. Continue this pattern until the spit is full. The bay leaf and sage should alternate, but it doesn't matter which is next to which meat.

☐ Sprinkle freely with salt and pepper, then place the spit over gray coals or rest it on the stockpot in a preheated 375° oven. Cook very slowly, turning spit electrically or by hand, for about 1 hour (1 hour, 15 minutes in oven), sprinkling the meat every so often with salt and brushing with olive oil (use a feather brush). In oven, turn about every 5 minutes. Remove meat from spit to serving dish and serve immediately. Serves 12.

Tuscan beans cooked in a flask

INGREDIENTS

1 pound dried cannellini beans
1 tablespoon flour
2 ounces pancetta, boiled ham, or prosciutto, diced
¼ cup olive oil
2 large cloves garlic, peeled
5 or 6 leaves sage, fresh or preserved in coarse salt
Salt, freshly ground pepper to taste
3 or 4 whole black peppercorns

METHOD

☐ Soak the beans with the flour in a bowl of cold water overnight. Drain the beans and put into a large, *thick* glass jar or wide-mouth wine flask. Add only enough cold water to reach about 1 inch above the beans.

☐ Add the pancetta to the flask, along with the olive oil, garlic, and sage. Season with salt, pepper, and peppercorns. Place the flask in a stockpot or a large, decorative copper pan containing a large quantity of cold water. Set on a medium flame and simmer very slowly for 4-5 hours, with the following precautions:

☐ Keep a saucepan of boiling water ready on a low flame so you can add it, little by little, to the stockpot when the water evaporates to about half. Do not add cold water to stockpot, otherwise the flask will break. Do not add any liquid to the beans inside the flask while they are cooking.

☐ Remove the stockpot from flame and let cool 10 minutes. Then remove flask from stockpot and transfer beans to serving dish. Or, if you have used a flask with a wide mouth, you can serve from the flask itself. Serves 6-8, or—in this menu—12.

Continued on page 152

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Chicken Caruso and Rice

2 whole chicken breasts (about 1½ pounds), skinned, boned, and cut in thin strips
Garlic salt and pepper
3 tablespoons butter or margarine
1 jar (15½ ounces) spaghetti sauce (2 cups)
1 teaspoon Italian seasoning
2 cups sliced celery
3 cups hot cooked rice

Season chicken with garlic salt and pepper. Saute in butter about 2 minutes. Stir in spaghetti sauce and Italian seasoning; cover and simmer 10 minutes. Add celery; continue cooking until celery is tender crisp. Serve over beds of fluffy rice. Sprinkle with grated Parmesan cheese, if desired. Makes 6 servings.

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Get the Rice out.
Rice Council of America

continued from page 150

Molded rice pudding with fruit

INGREDIENTS FOR THE RICE MOLD

3 cups milk
1 cup raw rice, preferably Italian Arborio
1 small piece vanilla bean
Pinch salt
1 tablespoon butter
Zest of 1 large orange, grated
2 eggs plus 1 egg yolk
3 tablespoons plus ¼ cup granulated sugar

INGREDIENTS FOR FILLING

6 medium-sized ripe plums, pitted and quartered
3 ripe peaches, pitted and quartered
2 ounces raisins
4 tablespoons granulated sugar
4 or 5 small pieces lemon zest
¼ cup red wine
1 medium sized orange, sliced very thin, with peel left on
¼ cup rum

METHOD FOR RICE

☐ Put the milk, rice, vanilla bean, and sal in a flameproof casserole. Stir over medi um heat until mixture reaches the boiling point. Add the butter, stir for 1 minute more, then simmer very slowly until the rice is half cooked, about 10 or 12 min utes. Remove casserole from flame, le rest 10 minutes, then drain rice in a col ander. Leave in colander until cold, 30-35 minutes.

METHOD FOR FILLING

☐ Place the plums, peaches, raisins sugar, lemon zest, and wine in anothe flameproof casserole. Simmer on medium heat very gently for 15 minutes. Add orange slices to the casserole and simme 15 minutes more, then remove from flame and let rest until cool, about 20 minutes.

METHOD FOR ASSEMBLY

☐ Transfer the rice to a large bowl and remove vanilla bean. Add orange zest, then add eggs, egg yolk, and 3 tablespoons sugar. Mix very well with a wooden spoon until all ingredients are well blended. Ar range ¾ of the rice mixture around the bottom and sides of a loaf pan that has been buttered and coated with about ¼ cup sugar.

☐ Fill the cavity with fruit, but no juice Reserve the fruit juice. Cover the frui completely with remaining rice and smooth with a spatula. Sprinkle with a little sugar then place loaf pan in a large roasting pan Pour 4 or 5 cups cold water into roasting pan to improvise an oversized *bagno maria* (water bath). Place in a preheated 400° oven for 45-50 minutes, then remove loaf pan and let cool for 15 minutes. Unmold on a large ovenproof serving dish.

☐ Warm the rum in a small saucepan for 30 seconds over a low flame and pour over the mold. Flame it and serve immediately with reserved fruit juice in a sauceboat. Serves 8.

Continued on page 154.

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talian Christmas Eve
continued from page 152

Note: You may also make the filling with dried fruit—the technique will be the same:

INGREDIENTS

5 dried peach halves
10 dried apricots
2 ounces raisins
4 to 5 small pieces lemon zest
4 tablespoons granulated sugar
1½ cups red wine
2 fresh oranges, sliced very thin, with peel left on

METHOD

☐ Soak the dried fruit in lukewarm water for 20 minutes, then place in flameproof casserole with raisins, lemon zest, sugar, and wine. Simmer very slowly for 25-35 minutes. Add sliced oranges to casserole and simmer 10 minutes more. Proceed with rest of recipe. ■

French Christmas dinner
continued from page 141

DINNER

Domaine Chandon Cuvée de Noir champagne
Hans Kornell Sehrtrocken (served in the lounge)

Salmon aspic with lemon and green peppercorns with tomato cream sauce
Robert Mondavi 1974 Fumé Blanc Reserve

Baron of rabbit with greens and snow peas
Sterling Vineyards 1973 Cabernet Sauvignon
Robert Mondavi 1973 Cabernet Sauvignon

Baked apples plumped with apricot filling and topped with almond cream
Peach and raspberry granité
Robert Mondavi 1976 Moscato D'Oro
Coffee

Salmon aspic with lemon and green peppercorns

INGREDIENTS FOR SALMON AND SEASONINGS

1-pound piece salmon, skinned, filleted, and all bones removed
1 cup dry white wine
1 cup fish stock (recipe below)
2 tablespoons parsley, minced
2 teaspoons salt
⅛ teaspoon pepper
3 eggs
5 lemons
4-ounce jar pimientos, drained and diced small
4 tablespoons green peppercorns, drained
2 shallots, peeled and finely minced
2 teaspoons fresh tarragon, minced
2 teaspoons fresh chervil or parsley, minced

INGREDIENTS FOR CLARIFIED FISH ASPIC

1 medium-sized onion
1 leek, white part only, well washed
3-inch piece celery
2 fresh mushrooms, stems trimmed, rinsed
1 tomato
¼ pound very lean ground beef
4 teaspoons lemon juice
2 teaspoons dried tarragon
1 tablespoon fresh chervil or parsley, minced
2 teaspoons salt
⅛ teaspoon pepper
2 egg whites, beaten lightly with a fork
1 quart fish stock
2½ tablespoons gelatin (2½ envelopes)
Salt, pepper
Tomato cream sauce, optional (recipe below)

METHOD FOR SALMON AND SEASONINGS

☐ Cut salmon into strips about ¾ inch thick and ¾ inch wide. Marinate them in a flameproof dish with the white wine, fish stock, parsley, and salt and pepper for 1 hour.

☐ Boil the eggs for 8 minutes, cool them

Continued on next page

Salmon aspic and tomato cream sauce from Michel Guérard's Cuisine Minceur. English translation copyright © 1976 by William Morrow & Co. Baron of rabbit and baked apples adapted from Michel Guérard's Cuisine Gourmande, to be published in 1979 by William Morrow & Co., by permission of the publisher.

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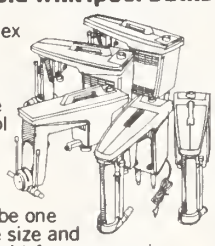

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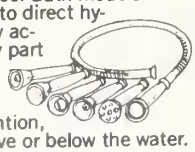

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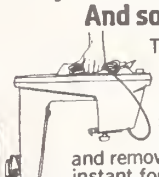

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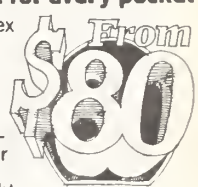

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under running cold water, and shell. Separate yolks and whites and chop them separately.

☐ Put baking dish over direct heat and bring the marinade to a simmer. Poach the salmon for 2 or 3 minutes, no more. Drain the fish on a dry cloth. Remove any fat and remaining bits of skin.

☐ Peel the lemons, removing all the white pith. Cut lemons into small dice, discarding as many of the white membranes as possible and drain.

METHOD FOR CLARIFIED FISH ASPIC

☐ While salmon is marinating, prepare aspic: Cut onion, leek, celery, mushrooms, and tomato into pieces. Put vegetables in a nonaluminum saucepan and add the ground beef, lemon juice, tarragon, chervil, salt, pepper, and the egg whites. Stir in the fish stock and bring the mixture to a simmer. Cook at a low simmer 20 minutes.

☐ Soak the gelatin in a little water until it is soft. Add to the simmered stock and stir until completely dissolved. Taste for seasoning.

☐ Line a fine mesh strainer with a damp cloth, set over a bowl, and slowly pour in the hot aspic. Let drain through the cloth into the bowl. Do not press on the vegetables as this will cloud the stock, discard them. Place stock in the refrigerator and stir occasionally to prevent it from setting. Finish the preparation of the fish and seasoning, above.

METHOD FOR ASSEMBLY

☐ During the entire operation, the cooled aspic in the bowl must be kept cool and at the consistency of oil—just at the point of setting. Have ready the strips of salmon, chopped whites and yolks of egg, diced lemon and pimientos, green peppercorns, and, mixed together, the minced shallots, tarragon, and chervil.

☐ Pour a small ladleful of aspic into a chilled 1½-quart oblong ceramic mold and sprinkle with a little of each of the chopped ingredients and herbs. Arrange a few strips of salmon, lengthwise, over them. Return the mold to the refrigerator until this layer of aspic has set. Repeat the operation, one layer at a time, until all the ingredients have been used up, ending with a layer of aspic. Cover the mold with foil and refrigerate 24 hours. To serve, dip the bottom of the mold briefly in hot water and unmold onto a chilled platter; or, serve directly from the mold. Cut into slices ½-inch thick and serve with or without the tomato cream sauce. Serves 10.

Tomato cream sauce

INGREDIENTS

1¼ pounds firm ripe tomatoes, peeled, seeded, and chopped
6 tablespoons fromage blanc (blend a 15-ounce jar of very fresh low-fat ricotta with 4 level tablespoons low-fat yogurt in a blender with a pinch of salt until all graininess is gone; refrigerate 12 hours before using)
1 tablespoon crème fraîche (Santé brand, or mix equal parts sour and heavy sweet cream; cover loosely and let stand at room temperature 8-12 hours and refrigerate 24 more before using)
1 teaspoon parsley, finely minced
½ teaspoon tarragon, finely minced
1 tablespoon ketchup
2 teaspoons armagnac or cognac (optional)
Lemon juice
2 teaspoons salt
White pepper

METHOD

☐ Dice tomatoes not too coarsely and drain. Beat together with a whisk the fromage blanc and crème fraîche in a bowl. Add chopped herbs, ketchup, armagnac or cognac, and the lemon juice to taste, and whisk again. Stir in the diced tomatoes and season with salt and a good pinch white pepper. Store in a covered container in the refrigerator until needed. Serve in lettuce cups on the individual plates. Serves 10.

Baron of rabbit with greens and snow peas

INGREDIENTS

¼ pound snow peas
1½ tablespoons coarse salt
12 small new turnips with their tops
½ pound spinach
Butter, room temperature
Salt, pepper
1 tablespoon sugar
1 baron (saddle with 2 legs) of a 3-pound young rabbit
¼ of an instant chicken bouillon cube, dissolved in ⅓ cup plus 2 tablespoons boiling water
¼ pound noodles
2 slices bacon, coarsely diced and cooked

METHOD

☐ Blanch snow peas 1 minute in 1 quart boiling, salted water. Drain and refresh under running cold water. Cut away the greens of the turnips, saving the top 2 inches of the leafy tops. Blanch these with the spinach for 1 minute in the same water and drain.

☐ Peel the turnips, using a potato peeler, rinse them briefly, and place in a large saucepan. Cover turnips with 3 cups water, add 3 tablespoons butter, cut into bits, salt, pepper, and sugar. Cook, uncovered, for about 18 minutes, until all the liquid has evaporated; as the vegetable cooks, take care to swirl the pan frequently so that the turnips glaze evenly.

☐ To cook the rabbit: Melt 1½ tablespoons butter over medium heat in an ovenproof casserole, and brown the rabbit on all sides for about 4 minutes. Salt and pepper the rabbit, arrange the turnip greens and spinach around it, cover with a lid and continue cooking for 5 minutes. Cut away the loin section of the rabbit, put on a platter, and keep it warm in a 300° oven. Pour the chicken broth over the remaining part of the rabbit and continue cooking, covered, for another 5 minutes. Remove the rest of the rabbit and greens to the oven and keep warm with the loin.

☐ Boil the rabbit cooking liquid over high heat to reduce by ⅓, then swirl in 2 tablespoons butter, cut into small bits. Keep the sauce warm, but do not allow it to boil.

☐ Cook noodles in boiling salted water until tender but still firm to the bite. Drain. Toss with butter and turnips. Divide them between 2 hot dinner plates and garnish with bacon. Sauté snow peas briefly in butter just to heat through and divide with the greens between the plates. Bone away the thigh meat from the rabbit and lay it over the greens. Remove the whole filets from the loin section, cut them into thin slices, and arrange them nicely over the thigh meat. Season again with salt and pepper. Serves 2.

GUÉRARD'S TIPS:

☐ Don't consider the turnip greens only rabbit food! They are a clever and unusual vegetable to accompany fowl and grilled fish. As for the turnips themselves, if you have only large ones (instead of the small new ones), they can be peeled and cut into ⅛-inch slices and sautéed in olive oil with a clove of unpeeled garlic and some lardons of smoked pork. Also, the same turnips can be sliced paper thin and fried into amusing "turnip chips."

☐ The cooking time for the rabbit may seem short, and yet it is sufficient—overcooking always causes a contraction and hardening of meat. By gently undercooking the rabbit and allowing it to rest, you will have meat that is supple, melting, and creamy. Cook rabbit as the recipe directs, then leave on a warming shelf 35 minutes to "rest." Reheat gently in its casserole when ready to serve.

Baked apples plumped with apricot filling

INGREDIENTS

4 whole dried apricots
2 tablespoons dark rum
8 almonds, blanched and split in half lengthwise
3 tablespoons plus 1 teaspoon sugar
4 large tart apples (6-8 ounces each)
3 tablespoons butter
½ cup water
Almond cream, optional (recipe below)
Confectioners sugar
1 cup apricot purée sauce (see August 1978)

METHOD

☐ If apricots are sticky, rinse them off under cold running water and cut them into coarse dice. Macerate the apricots in a small bowl for 1 hour in the rum with half the almonds and a teaspoon of sugar.

☐ Gently peel the apples, leaving the stems on. Slice off the tops of the apples and reserve these little hats. Core the apples and stuff them with the fruit-nut mixture. Place the filled apples in an enameled baking dish, sprinkle with the macerating liquid, top each with a fa

onful of butter, and crown them with ir hats. Sprinkle on half the remaining gar, and pour the water around the les.

Place the pan in a preheated 450° n for 30-40 minutes—the apples should tender but not falling apart. As the les cook, baste them with their juices d sprinkle with the remaining sugar.

Remove the apples from the oven, und almond cream on each, sprinkle h confectioners sugar, and pass under reheated broiler to brown lightly. Have dy 4 bowls or deep dessert plates. Pour ual amounts of apricot purée sauce into ch, and an apple garnished with a mint ig, and float remaining almond halves the sauce. Serves 4.

Note: A nice substitute for the apricots d almonds in this recipe would be any d fruits in season: pitted cherries, strawrries, or raspberries, for instance.

lmond cream

GREDIENTS

ablespoons unsalted butter, room temperature
cup pulverized almonds
cup confectioners sugar
egg
ablespoon cornstarch
easpoon dark rum

ETHOD

Cream the butter in a bowl or in a food ocessor. Mix in the almonds and sugar. ld egg and beat 2 minutes to lighten the xture. Then mix in cornstarch and rum, d the almond cream is ready to use. akes 8 ounces cream.

JÉRARD'S TIPS:

The almond cream will keep for a week the refrigerator, covered with plastic ap. An easy and delectable dessert is inch slices of fine brioche *(brioche ousseline)* spread with a ⅓-inch layer this almond cream, sprinkled with conctioners sugar, and lightly browned in a 0° oven. The brioche should be served ght away on a hot plate. ■

me to be alive
ntinued from page 117

"How does that idea of body interacon work? I do not pretend to know the nswer, but I know there is an answer. ne of the important advances of scienic understanding is that we can begin see the connection between social ocess and medical fact," emphasizes r. Tiger. "Freud predicted that evenally central understanding of human ehavior would depend on knowledge of e chemical transaction occuring in the rain and the rest of the body."

How is optimism defined? Lionel Tiger onsiders it "a mood of benign expectaon, a tonal, emotional assumption that ings are going to work out for the betr rather than for the worse. Almost by efinition, it is a relatively nonrational assumption, because if one knew for sure that things would work out well, one wouldn't have to be optimistic—one would know."

Looking around at the state of the world, you well might ask what there is to be optimistic about. Surprisingly, much more than you might think. Many of the major problems we believe we have, in fact either do not exist, have been exaggerated, or will, with time, solve themselves. The Hudson Institute, one of the most respected think tanks in the country, divides problems into two categories, certain and uncertain issues.

The certain problems include population growth, food supplies, energy, clean air and clean water. These are all solvable, in Hudson's view. The uncertain issues include the possibility of thermonuclear war; the possibility that some subtle, unforseen damage to the environment is taking place which would make the earth uninhabitable at some future time; and issues relating to attitudes, values, and morals. These are the real problems we're going to have to face up to. The certain issues, in large part, take care of themselves.

Population

The Hudson Institute, which draws on the brain power of distinguished scientists and scholars in many disciplines, believes that the rate of growth of the world population peaked in 1970 and is on a gradual downward curve tapering off somewhere around 2176, by which time they anticipate a world population of about 10 billion, more than double the 1975 figure of 4 billion. However, within the next 200 years, the worldwide per capita income will have increased to almost twelve times what it is today.

Ben Wattenberg, in his television series *The Search for the Real America*, shown over PBS in mid-1978, also refuted the population explosion theory. There is none, he said. The postwar baby boom was a blip on the otherwise steady trend toward smaller families. Between 1945 and 1957, the average American family size increased from 2.4 to 3.7. "A funny thing happened on the way to the maternity ward," he said. "American fertility rates, which had been pushing up toward four children per woman, plunged to three, and in 1977 to 1.8 per woman—below replacement level."

This trend to smaller families is not unique in the United States, Mr. Wattenberg said. "It's prevalent today throughout the entire developed world, in Japan and Australia and Western Europe and Eastern Europe and Russia. While population growth and fertility rates are still high in the Third World, they're beginning to fall in most countries including India, China, and Mexico." Population projections for the less developed countries currently see a birthrate decline from 5.15 children per woman in 1975 to 2.98 in the year 2000.

Continued on page 159

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Meal in minutes
continued from page 134

and cook them for a minute or so, stirring, so that they absorb some of the flavor of the bacon.

☐ If you are using fresh peas, shell them and cook in a small amount boiling water 5-10 minutes, then add to the bacon, cooking them another minute or two. Remove pan from the heat.

☐ Bring 4-5 quarts water to a boil, add salt, and when the water has returned to a boil, but in the pasta. Put the ricotta into a warmed bowl from which the pasta will be served and mix it with a fork. Add the butter.

☐ When the pasta is tender but firm to the bite, drain well and put in the serving bowl. Toss 2-3 times with the ricotta. Rapidly heat up the bacon and peas and pour entire contents of pan over pasta. Toss thoroughly. Add grated cheese, 1 or 2 grindings of pepper, toss once more, and serve at once. Serves 4-5. ■

Greenbrier
continued from page 76

Super-Saver fare—which allows you to save up to half on domestic flights—now has the same minimum and maximum stay requirement as the international APEX fare. Result: You can now save on the portion of a European trip that begins within the U.S.

Restaurant tip for travelers. Nick Giannaris's Airport Inn on Route 11 at the Hagerstown Md., airport (right off Interstate 81) is a very busy place all the time, regardless of plane schedules. In addition to excellent salads and fresh vegetables, Nick has a freezer truck drive from Baltimore daily with a fresh order of seafood. Crab is a specialty in Maryland and Nick's crabmeat cakes are very light and very moist. (He'll give you the recipe.) More super choices on Nick's menu: the seafood platter—crab imperial, stuffed flounder, shrimp, scallops in a light sauce, South African lobster tail—all tiny portions, all broiled. For dessert: a dense, honey-heavy wedge of baklava with just a little vanilla ice cream. For reservations call (301) 733-8560.

Skiers prepare to save money: Air France offers you one- and two-week trips with airfare, accommodations, breakfast, and half-price ski passes in six French ski resorts from traditional Chamonix to Marcel Breuer's high-rise resort called Flaine. You fly from the U.S. to either Geneva or Lyon, stay in a second-class hotel (just fine if you are there mainly to ski). The price for one week (based on two people to a room) is a reasonable $498. But two weeks is really a bargain: $610. The program's called "Ski France." Begins January 6 and runs through March 24—except for a preview two-week Christmas holiday that requires you to leave the United States Dec. 17. ■ N.R.

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4. Air Canada's **Yes Canada! '78 Tours** lists fly/drive tours, motorhome tours, city tours, fishing vacations, and more. Take advantage of the "Canadapass" and get a car with unlimited mileage plus guaranteed rooms without reservations in 57 cities across Canada.

5. There are a number of reasons why people are **Retiring to Ireland.** Learn more about buying property, starting a business, taxation, health services, plus helpful information sources.

6. HRI's **Directory of the Leading Hotels of the World** has listings of hotels in a range that includes Topnotch in Stowe, Vt., and the Mandarin in Hong Kong. All you need to know for over 100 deluxe hotels in 23 countries.

7. Princess Hotels Vacations '78 include Sports Holidays (tennis, golf, fishing), shorter Escape Holidays, and Honeymoon Holidays at any of the 9 Princess Hotels in Bermuda, the Bahamas, Mexico, Monte Carlo, and the U.S.

8. American Express 1978 Europe Tour Digest has 84 tours this year. Spend $449 for 9 days on your own in Spain or visit 7 countries in 22 days with a professional tour guide.

9. Plan your vacation to Bermuda with the help of the Bermuda News Bureau's **Vacation Kit.** Ten brochures, with travel tips, hotel listings, a sportsman's guide, and an illustrated map.

10. Eastern Steamship's **S/S Emerald Seas** cruises regularly for 3 and 4 nights from Florida to the Bahamas.

11. The Virginia State Travel Service's **Vacation Planning Kit** can help you plan your vacation. Included: "Camping in Virginia," "Civil War Battlefield Parks," "Golf in Virginia," plus more.

12. Carter's Grove Plantation, Williamsburg, Va., an 18th-century house on 600 acres of land, has hosted George Washington, Thomas Jefferson, and other famous Americans. Antiques reproductions, plus fine example of Virginia architecture.

13. Eastern Airline's **The Real Florida:** you can wind surf, swim, play golf or tennis, watch jai alai, or dog racing. 13 tours, including fly/drive vacations.

14. There are 45 islands and 150 hotels in the Florida Keys, with more than enough opportunities for fishing and other water sports. Read more in **Florida Keys and Key West,** a small kit which includes a detailed fold-out map of the Keys.

15. "Walt Disney World Plus"—6 nights for as little as $98, excluding airfare. It includes a car with unlimited mileage, admission to and transportation within the Magic Kingdom, and admission to 4 other parks. One of twelve tours in Eastern Airline's **The Real Walt Disney World and Central Florida.**

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17. The Florida Keys, America's southernmost islands, have outstanding sport fishing.

18. The Holiday Inn in Plant City, Fla. is close to Walt Disney World, Cypress Gardens, and Busch Gardens.

19. Bal Harbor, on Miami Beach, is a resort community with over 1,600 rooms and 149 shops and boutiques. Spend a week, or come to live.

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Food

Most of our worries about food supply are based on an essay by an English economist, Thomas Malthus, which said that population increased exponentially and food supply increased arithmetically, so that population would grow faster than its ability to feed itself. Dr. Roger Revelle, Professor of Population Policy at Harvard University, told Ben Wattenberg, "Ever since that essay was written, our human experience has demonstrated that Malthus was wrong. Food supply has increased exponentially, particularly in the very rich countries. The earth's capacity for feeding human beings is very large." Dr. Revelle's calculations show that ten times the present world population could be fed twice as well as the average diet allows today, using not some future technology, but present day agricultural technology. "I think it is fair to say," he explained, "that right now nobody on earth suffers from malnutrition or a deficiency of food, if he has enough money. The real problem in the world is not the problem of food, it's the problem of money."

Energy

The same element of cost and distribution is as true of energy as it is of food. Dr. Leon Martel, Executive Vice President of the Hudson Institute, says categorically: "There is no energy crisis." He believes that supplies of fossil fuel will continue almost indefinitely, particularly when the likelihood of additional reserves in developing countries is taken into account with the rich reserves of oil, shale, and still unmined coal. This is not even to discuss technologies which utilize the renewable energy of the sun, the wind, the tides, and geothermal, nuclear, and other resources.

The factor of increasing costs of fossil fuel helps both conservation and production, Dr. Martel says. When prices rise, consumers conserve, and demand goes down. On the other hand, producers see the possibility of earning more because of the higher price, so they are willing to spend more to extract the oil—or coal—as this process becomes more complex and therefore costly, because of the need to go deeper into the earth's surface. So, as production increases, the cycle repeats itself. There is no question that the supply of oil and other fossil fuel is finite, but the period of availability is much longer than we have been led to believe.

Pollution

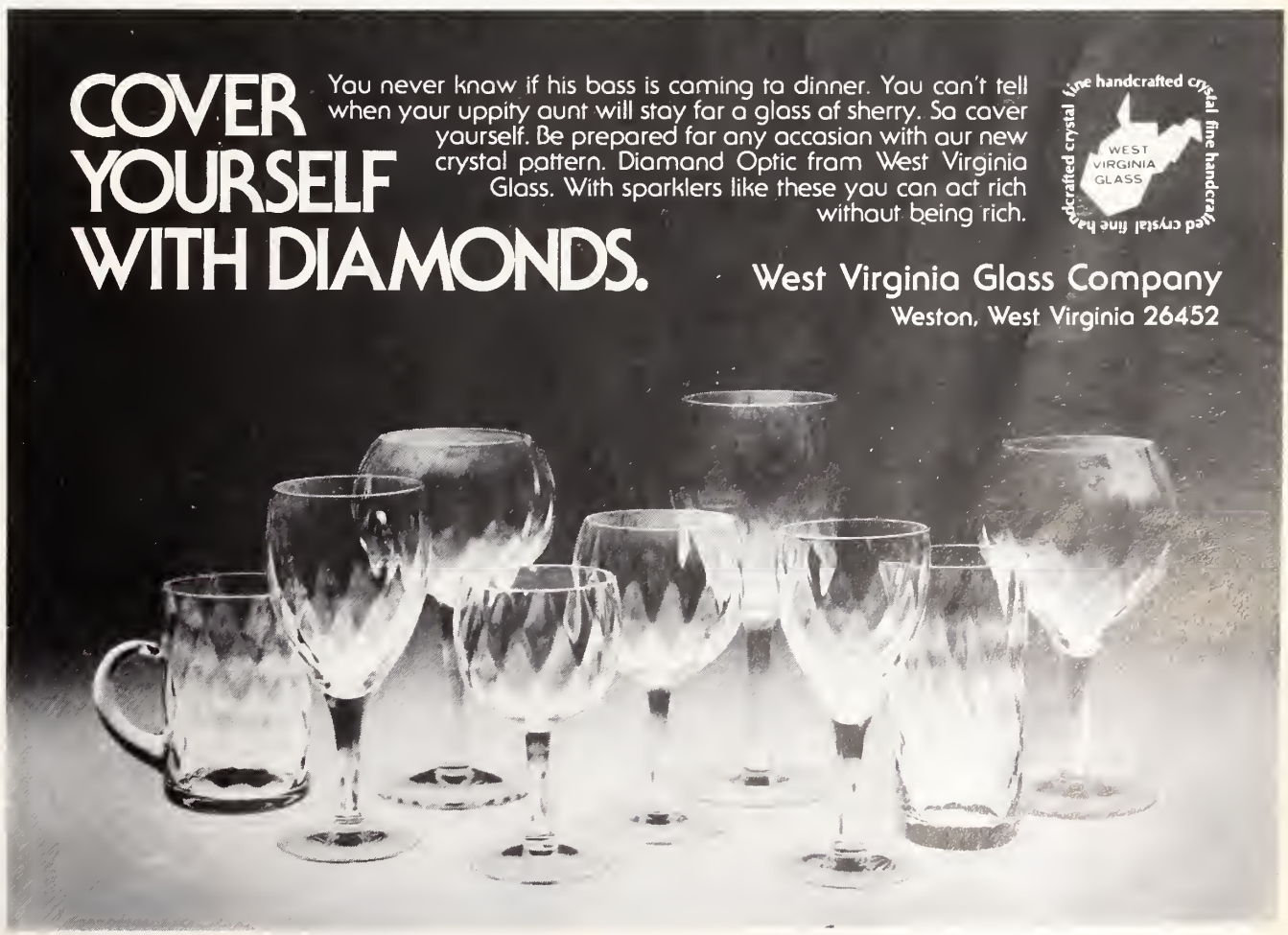
Our air and water are cleaner than they were ten years ago. U.S. Environmental Protection Agency figures show a reduction in the six-year period, 1970-1975, of 33 percent in dust, smoke, and mists suspended in the atmosphere, and a 15 percent reduction in carbon monoxide. Environmental legislation sets the goal for clean rivers and lakes by 1983. None of this is particular cause for smugness. But things are appreciably better than they were. Ben Wattenberg noted that "in the early 1900s clogged sewers, animal wastes, and uncollected garbage made New York City, in the words of one visitor, 'a nasal disaster.' " Dr. Phillip Handler, President of the National Academy of Sciences, told Mr. Wattenberg, "taken collectively [he was speaking of certain forms of radiation and air pollution], we have a greater concern for the impact of the environment on the health and future of our species than the facts actually warrant. The reality is that we are healthier, living longer, than at any other time in history."

The economy

Some economists are extremely gloomy about the economic forecast for the eighties, going so far as to predict a total collapse of the international monetary system. Leon Martel believes that we have to accept the fact that there are economic cycles, good and bad. Economies do not remain static. However, he feels that a general economic collapse could only occur through a combination of factors. One or two factors alone do not cause a catastrophe.

"If you had a continuing high inflation rate, coupled with a bad recession, combined with a run of bad luck in weather which caused worldwide crop failures, in addition to a large scale war, then collapse could occur, presumably. But

Continued on page 199



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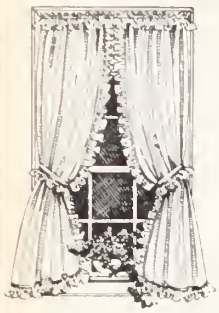

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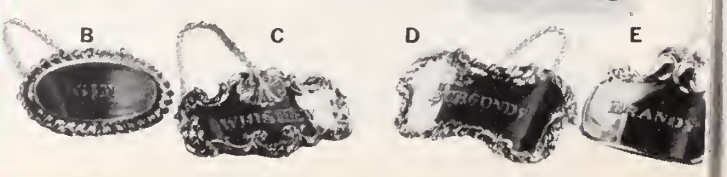

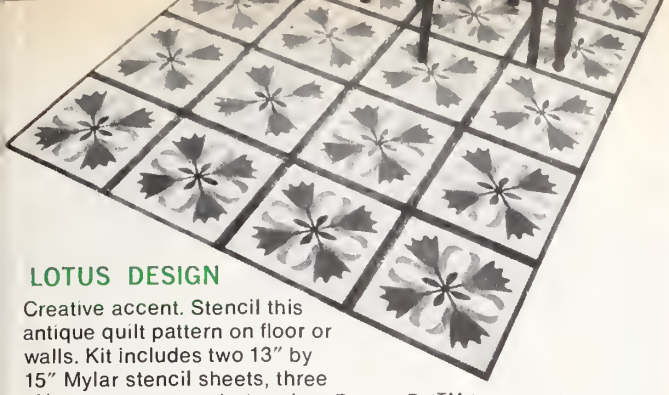

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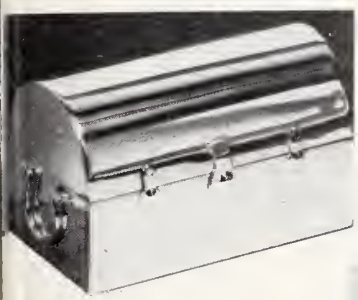

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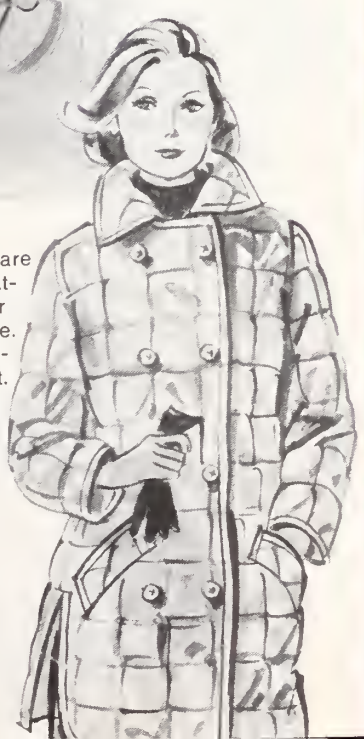

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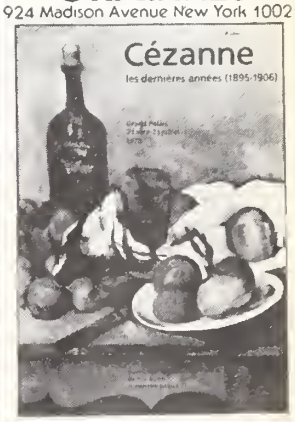

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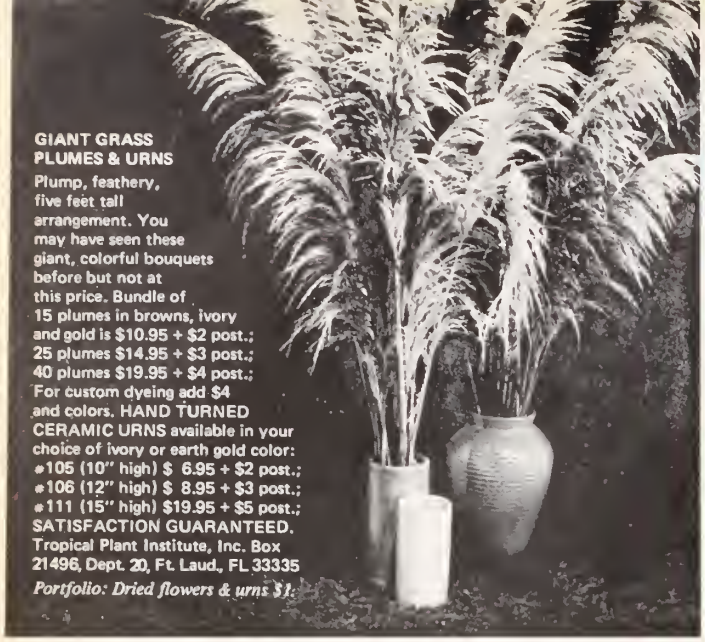

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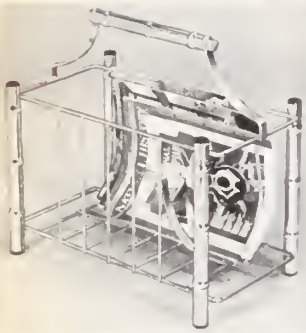

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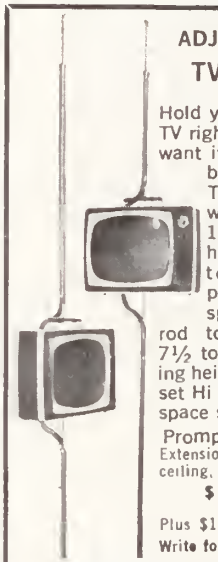

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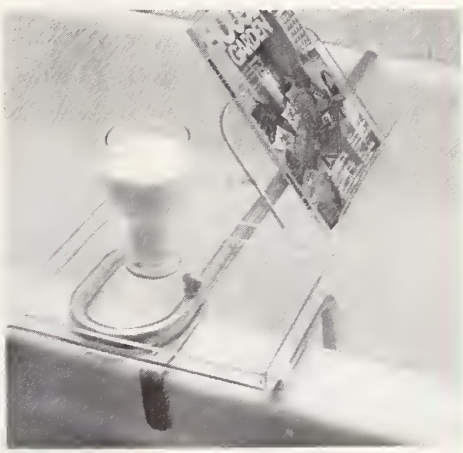

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Handcrafted merry-looking dolls. Red flannel bodies; flesh felt heads and hands. In red-and-white checked cotton seersucker. Mrs. has white cap, straw basket to hold cards, goodies. Set 7" $14 plus $1.50 post.; 18" $28 plus $1.75. Annalee's Workshop, HG12, Box 446, Meredith, NH 03253.

BOAT BAG CARRY-ALLS

Web handles, double bottoms. Navy, red, sand, avocado, blue, yellow, brown, orange, natural. 19"x18"x5", $19.30; 18"x14", $16.60; 12"x14", $14.30; 12"x9", $11.40; 12"x12"x4", (single bottom), $11.30. Ppd. Free catalogue. Port Canvas Co., Dock Sq., Kennebunkport, ME 04046.

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Full-length standing mirror of "metal bamboo" glides quietly on casters to wherever you want it. The heavy plate glass mirror is adjustable. Overall 22" w. by 20" d. by 65" h. Specify Koch brass (B) or nickel (N). No. GRBSM-71. $250 ppd. St. Nicholas Boutiques, HG12, Santa Claus, IN 47579.

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Please grandfather with a handsome polyester tie hand-painted with names (up to 15) of the children. Scatter design—white letters on navy, brown, green, wine. For three names $10 plus $1 post. Add 50¢ each additional name. Butch Hoffer, Dept. B128, Box 7219, Beaumont, TX 77701.

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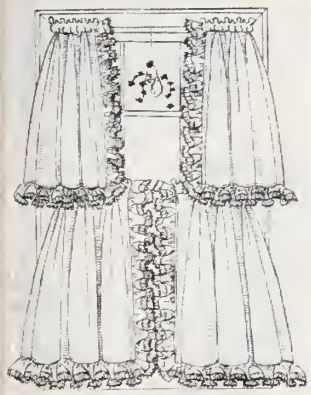
Handcrafted solid brass oil lamp. Use on patio with kerosene to repel bugs; indoors with scented oils for a warm glow. A. 18"h. $18.95, B. 13"h. $12.95 (hurricane glass); C. 21"h. $29.95 (green translucent globe). Ppd. Light My Way, Ltd., HG12, 533 Richmond Ave., Staten Island, NY 10302.



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Pretty 2" ruffles edged with 1" of val lace trim natural or white 50% cotton/50% poly curtains 78"w. per pr. Lengths: 20",25",30",36" $8; 45",54",63" $12; 72",81", 90" $15 pr. Val., 12" by 72", $4. each. Add $2 post per order. Free catalogue. Country Curtains, HG121, Stockbridge, MA 01262.

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Store stemware without fear of breakage. Brown plastic Glass Trax™ strips adhere to any surface, hold any size glass. Come in 10" pairs, hold 3-5 glasses ea. 10 or more pairs $1 pr. 5 prs. $1.15 ea., single prs. $1.25 ea. Add 50¢ post. The Idea Center, HG12, 373 Parriott Dr., San Mateo, CA 94402.

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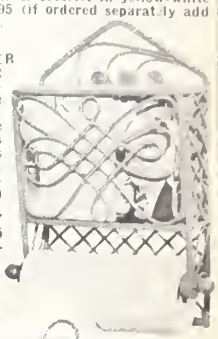
Baby's own basket to take baby anywhere. Handwoven natural palm leaf is light weight yet sturdy. 30" L x 16" W x 18" H. $29.95 plus $5.00 postage. 2-pc kodel polyester filled liner & coverlet in yellow-white gingham. $14.95 (if ordered separately add $2.00 postage).



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An important and pretty accessory for the bathroom, convenient space for magazines and two rolls of toilet tissue. Made of handwoven rattan in lacy design. 10" x 4" x 18" high. $12.95 plus $2.00 postage.

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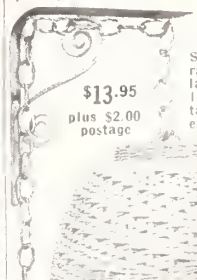
Handwoven seat and back, strong rattan legs with rattan wrappings for appearance and extra strength; comes in two seat heights: 29" high. $59.95 plus $8.00 postage; 24" high. $54.95 plus $6.00 postage.



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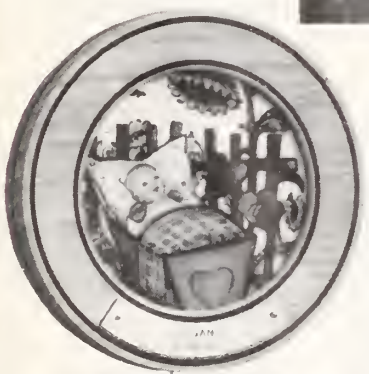
9853 Set of 2 for $12.98



HUMMEL MUSIC BOX, engraved with Baby's name and birth date. Appealing wall decor and soothing music—the gift that has everything! Pull the cord to hear Brahms' beloved Lullaby—a superb Swiss-crafted movement by world-famed Reuge. Adorable Hummel scene is framed in fine polished cherry wood, plaque is lifetime solid brass. Our own West German import, 5¼" across, gift boxed. PRINT name and birth date. **2284 Music Box $17.98**

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A personalized duffel that's tough enough for a load of books or packages and big enough for gym or beach gear. Makes a handy laundry bag, too. Navy denim with metal grommets, a nautical white cord. Stands 18" tall. American made. Red felt letters: print name or initials. #2002 $2.98; three $8.50. Add 60¢ post. Lillian Vernon, GDE, 510 So. Fulton Ave., Mt. Vernon, NY 10550.

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GENUINE DIAMOND

A lovely delicate 14k gold ring with 2.5 pt. diamond, the exquisite Tiffany setting sweeps up to a V that shows off its glory and enhances every facet. It's superbly crafted in New England, made to love for a lifetime. #3409. In sizes 4, 5, 6, 7, 8. $24.98 plus $1. post. Lillian Vernon, GDE, 510 So. Fulton Ave., Mt. Vernon, NY 10550.

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Solid Venetian glass, her gown Millefiori motifs in rainbow of mosaic hues. Haloed head, arms, wings are crystal-clear with golden glints. About 5 1/8" high. Each is handcrafted, gift boxed. For standard candle (not included). #4727 $13.98 plus $1 post. Lillian Vernon, GDE, 510 So. Fulton Ave., Mt. Vernon, NY 10550.

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Custom-engraved solid brass. A design for every age—for baby, teacher, loving couples. Polished, non-tarnish. Sizes vary 3-4" with design. Baby in crib (print name, date of birth). #1493 $1.98 ea. plus 50¢ post. Lillian Vernon, GDE, 510 So. Fulton Ave., Mt. Vernon, NY 10550.

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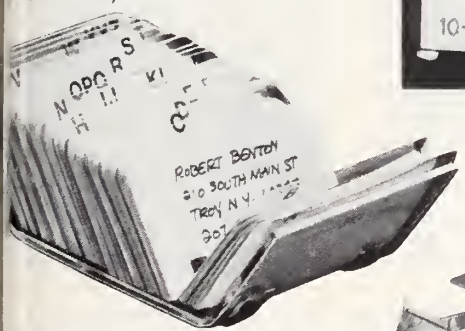

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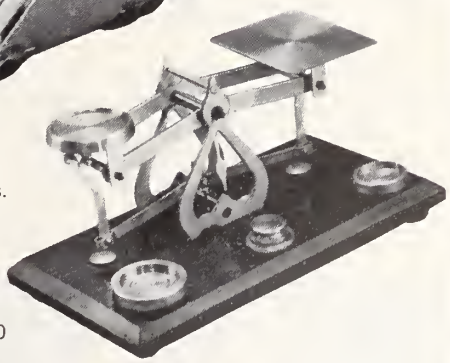

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Exclusive gift for designers, artists, architects, draftsmen, students. Black leather case has twin zip compartments that lie flat when opened. Inside 12 pencils of costly quality in range of rainbow hues, 4 soft-to-hard leads; 7 color pens, acrylic ruler (in./cm.); 45° calibrated triangle; protractor; pen holder; sharpener; eraser. Personalized brass initials. #2250 7 1/2x 4 3/4x1 1/2". $22.50 plus $1 post. Vernon, GDE, 510 So. Fulton, Mt. Vernon, NY 10550.

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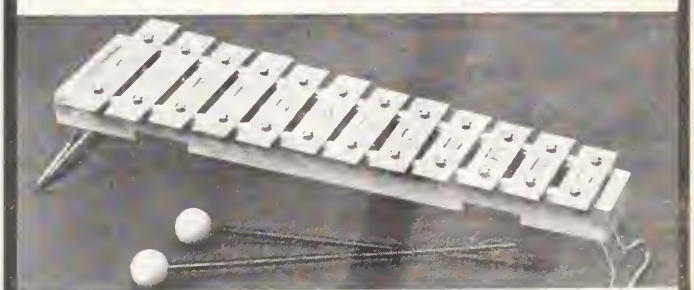

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2. Attach paper with name, number and price of item(s) desired.
3. Add $1.25 each item for post. & hdlg.—NY residents add taxes.
4. Enclose your check or money order—please, no cash, no COD's. CHARGE $10 or more, Master Charge or Visa/BankAmericard. Send card number, exp. date, Interbank number for Master Charge.

Natural wild-flower honey from the woodlands of Northern Michigan in a beautiful, 12 oz. Eye Winker Jar of satin glass. Sealed for freshness with pure beeswax. Plus, a 16 oz. jar for refills.

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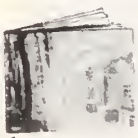

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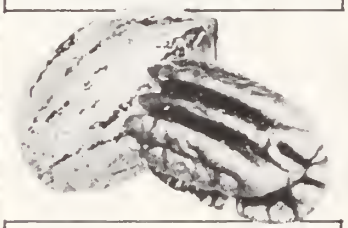

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ELEGANT END TABLE

Even if you have no woodworking experience, you can build this table from an easy-to-assemble kit. Solid ¾" Pennsylvania cherry, pre-cut, sanded smooth. Available assembled, finished in antique cherry. Color catalogue, $1. Emperor Clock Co., Dept. FS, Fairhope, AL 36532.

YOUR FAMILY CREST

Handsome hand-engraved rings. Choice of sterling silver, $99, 14K gold, $225. Ppd. Send coat-of-arms or have it researched. A splendid gift idea bound to become a prized keepsake. Free color catalogue. Order from Heraldica Imports, Inc., HG12, 21 W. 46th St., New York, NY 10036.

GIFT FOR GOLFERS

Brighten up the game with personalized golf tees. Ten day Christmas delivery service. You can get them in a hurry by using your credit card —call toll-free: 800-824-7888, (operator 90H). Box of 50 is $5.95 plus 75¢ post. Or write to Jomar Industries, HG12, Box 368, Mt. Vernon, NY 10550.

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Personalized colorful layers of pink, green and yellow notes with your name in black letters. 600 memo sheets in a crystal clear cube, 3⅞" by 3⅞" by 3½"; lets you pick one sheet at a time. Please print name. $3.99 ppd. Walter Drake, HG12, Drake Bldg., Colorado Springs, CO 80940.

RUSTIC PLAY HOUSE

Sturdy real Cedar Wood log cabin, for junior cowboys or dream house for girls. Lasts for generations of fun, used outdoors. 4′ by 5′ by 5½′, $66.95. 5′ by 7′ by 6½′, $118.95; with shutters and door, $188.95. FOB Camden, NJ. Cedar Products, HG18, Box 84, North Baldwin, NY 11510.

FELINE FANCIERS NEWS

Cats Magazine is a monthly that features news and pictures about cats from domestic darlings to purebreds. There are poems and factual articles on the care and feeding of felines. $1.25 copy, $8.95 year ppd. Write to Cats Magazine, HG 12, P.O. Box 83048, Lincoln, NB 68501.

SOLDIER'S EASE

Elegant leather soldier's chair reproduced by master craftsmen. Solid mahogany arms, legs. Top grain leather in over 50 colors. 42"h., 27"w., 30"d. $389.50 (price subject to change). Shpg. chg. extra. Brochure, $1. Carolina Leather House, Inc., Dept. HG-55, Box 5023, Hickory, NC 28601.

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Sleep is king night or day when you don the mask; shuts out any flicker of light that could disturb the psyche, the body's rest. Flexible foil and elastic bands so constructed that it fits any cranium. $3.98 plus 40¢ post. Anthony Enterprises, HG12, 67 Second St., San Francisco, CA 94105.

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Keep china, glasses ready to use. Four zippered plate chests; cup, glass chest; plus 44 separator pads. White quilted vinyl. For 12 plates, cups, glasses. Plate or glass chests, each $5.99; cup chest $3.99; complete set $14.99. Add 50¢ post. each. Holiday Gifts, 312-8C, Wheat Ridge, CO 80036.

CREATIVELY YOURS

There's a variety of stimulating ideas featuring maple hardwoods as country-style dining tables, work tables, mobile carts, shelving, benches, counter tops. All are shown in a 44-page catalogue 50¢. From Butcher Block & More, HG12, 1600 So. Clinton, Chicago, IL 60616.

Shopping for Surprises

with Harry and David

Creators of the Fruit of the Month Club

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One bite of this buttery cake is like a trip to the Islands! Chock full of juicy Hawaiian Pineapple and exotic Macadamia Nuts, it's our exclusive, original recipe like no other in the world. The 1½-pound loaf cake comes bakery-fresh in a gold foil gift box, freezes nicely and slices neatly. Available all year.

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Give natural northwoods beauty and refreshing evergreen scent in a perfectly formed, live miniature Christmas tree! About a foot tall, this lovely Dwarf Alberta Spruce comes prepotted and completely decorated with 20 chocolate Christmas bells and tiny peppermint canes. Available Dec. 1 to Jan. 5

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So elegant to clip to the page where you stopped reading. Any initials expertly engraved. Two inches long. **$5.00 each.**

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Makes your car "special for you." Adhesive bond back sticks above any car door handle (no holes). Solid brass with silver finish, ⅝" x 1½". any initials smartly engraved. Great on the dashboard, too. **$2.50 each.**

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The Tooth Fairy
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St. Petersburg, Florida 33738

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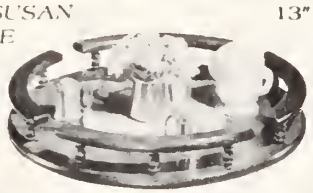

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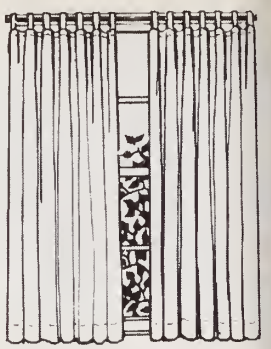

CLASSIC TABS
Perma Press natural color 100% pre-shrunk cotton homespun Oznaburg. 84"w. pr. Lengths: 30" $8; 36" $8.50; 45" $9; 54" $10; 63" $11; 72" $12; 84" $13. Ties, $1 pr. Add $2 post per order. Catalogue, fabric samples, 25¢. Curtain Corner, Dept. EG12, Paradise Green, Stratford, CT 06497.

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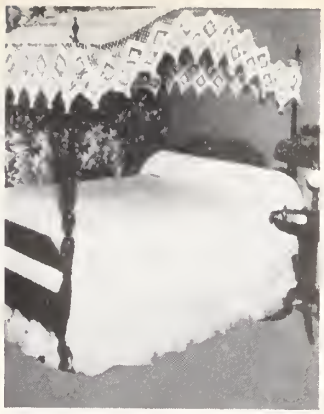
mart windbreaker of rich velvet , fully lined in matching sateen. erfect for town, country, disco. reat look over pants or dresses. 'ine, chocolate, navy, dark green, eige, or black. Sizes S(5-9), I(10-13) or L(14-18). MC/BA/ isa. $59 ppd. Postique-C, HG12, 16 W. 89th St., NY, NY 10024.



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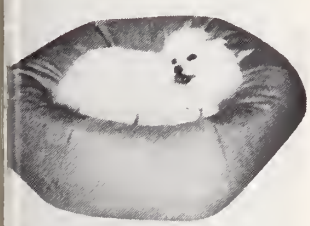

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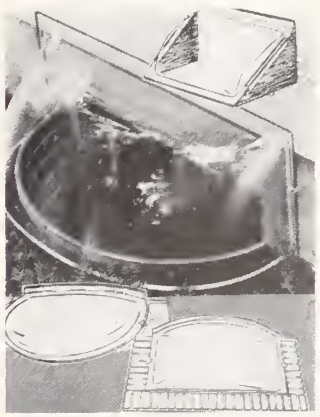

WINDOW INSULATES

Protect cellar windows from weather, debris; but let in light. Rigid clear Plexiglas covers wells 40"l., 12"h. Projects 16" (shown) $16.95. Add $4 post ($6 W. of Miss. R.) for up to 6 units. Other shapes, sizes available. Dilworth Manufacturing, HG12, Box 158, Honey Brook, PA 19344.

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Lock out the disturbing noise . . . even snoring . . . that keeps you awake all night and robs you of refreshing sleep. Ear Drum Silencers are soft, pliable, with an easy-to-grasp safety flange. Slip them in every night and you'll sleep like a kitten.

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Amazing Lemos Permagon destroys hair roots almost instantly—one by one. No wire connections. Uses tiny batteries (included). Home use electrolysis method is the same system experts use to remove hair permanently from face, arms, legs and body.

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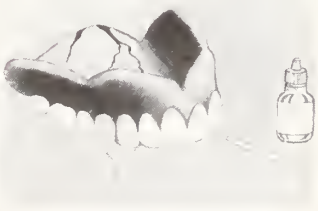

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Be prepared for an emergency. Fix breaks, cracks or loose teeth in dentures. Avoid embarrassment when you're traveling. Kit includes material similar to that used by dentists. Instructions included.

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W. 28½"

The LOVE LADY chair gives "sitting" comfort and radiates eye-appeal beauty. Zippered cushions are urethane foam & polyester fiber filled; seat cushion reversible.

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Send $2 for Catalog and Request Form for hand-selected decorator fabrics.

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Richly embossed English Silver-plated Caviar Server with Floral and Old English patterns, mounted on Regency style legs. Serve the caviar from the glass insert, keep it chilled with the ice reservoir. Hinged dome closes until ready to serve. Complete with silver plated caviar spoon and a jar of Icelandic Black Caviar

Just $14.95 plus $1 shipping

Additional spoons $1.50 each. N.Y. State residents add sales tax. Visa & Master Charge: Account #, expiration date, signature.

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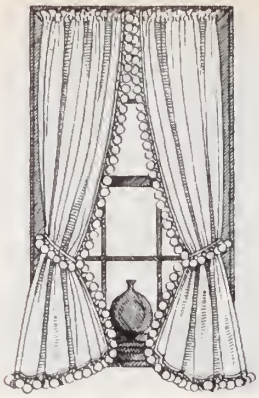

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Fluffy 1" giant ball fringe trims curtains 90"w. per pr. Natural or white, 50% cotton/50% poly. Lengths: 30", 36", 40" $9.25; 45", 54", 63" $13; 72", 81", 90" $15.50 pr. Val., 10" by 80", $4.75. each. Add $2 post per order. Free catalogue. Country Curtains, HG12, Stockbridge, MA 01262.

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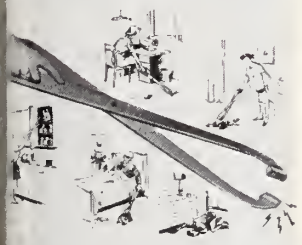

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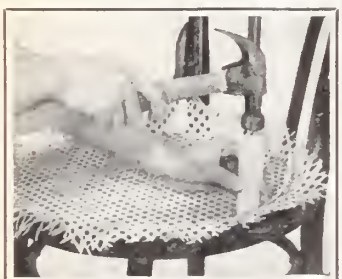

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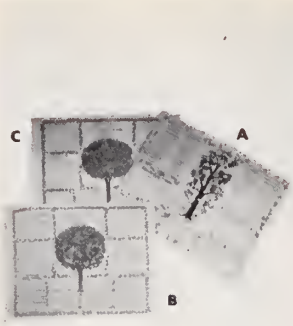
Oklahoma City, OK 73156



THE FAMILY TREES

"Trace your roots" with colorful family tree charts that resemble old manuscripts. Style A, "Our Family Tree" both sides of family, 196 spaces. B, "Maternal Tree", 134 spaces. C, "Paternal Tree", 134 spaces. $3 ea. plus $1 post. Salem Print Co., HG12, Box 11522, Winston-Salem, NC 27106.

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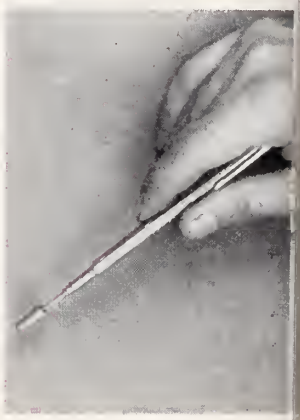
The total look for hand-embroidered wool flowers on handwoven cotton from India. Cover walls, ceilings, shades, sofa. 50" w. $14 yd. ppd. Also ready-made bedspreads, tablecloths. Send 50¢ in stamps for color cataloque, swatches. Gurian's Dept. G 128, 276 Fifth Ave., New York, NY 10001.



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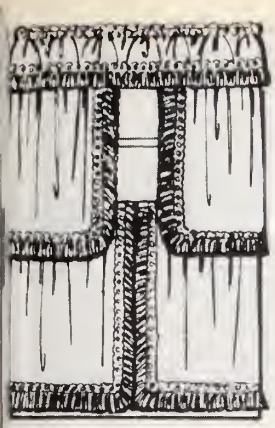

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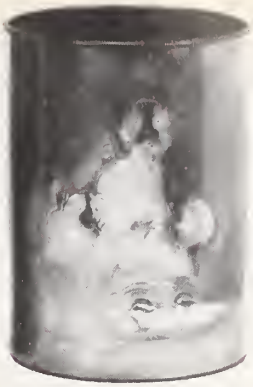
otted two-inch brush fringe on nkle-free polyester/cotton. Ecru white, 90" w. 24", 30", 36" .95; 45", 54", 63" $10.95; 72", " $13.95; tiebacks, pr. $1; "x11" val. $3.95. Add $2 post. order. Catalogue, swatches 25¢. rtain Corner at Paradise Green, 8-12, Stratford, CT 06497.



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Handcrafted antiqued copper has jeweler's lacquer applied to protect surface. English or Irish setter and pups hand embossed on wastebasket, 14"h. $26; matching letter basket, 5"h. $12. Free catalogue other designs, items. Gregory E. Hentzi, HG32, 59 Brown St., Waltham, MA 02154.

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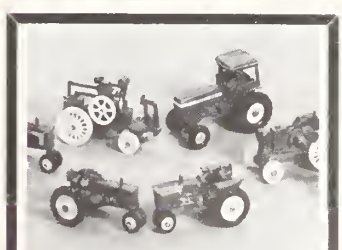

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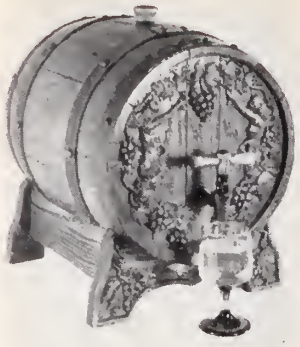

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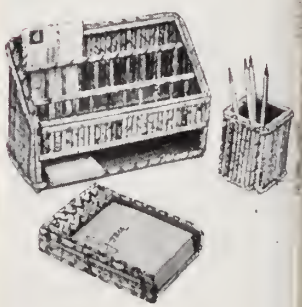

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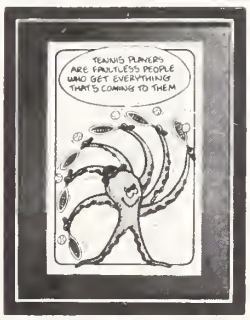

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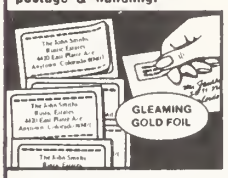

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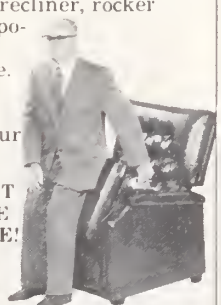

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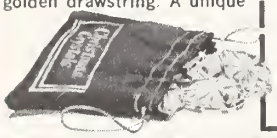

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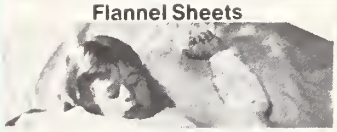

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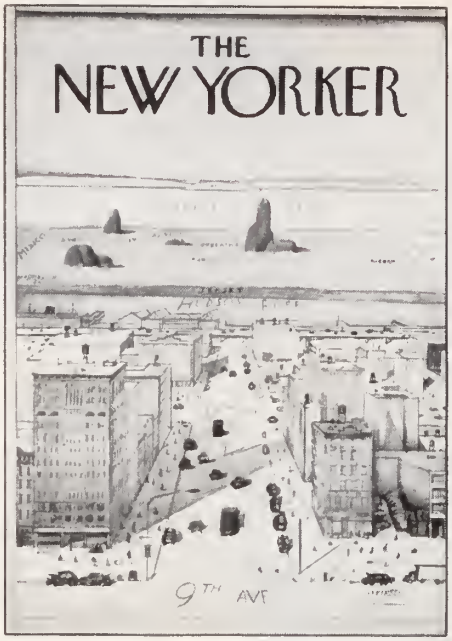

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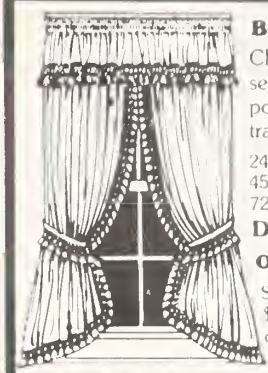

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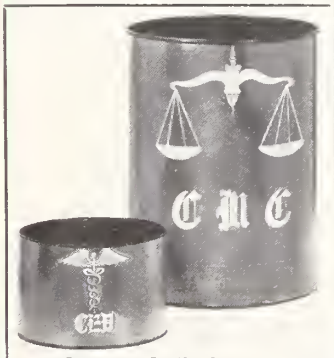

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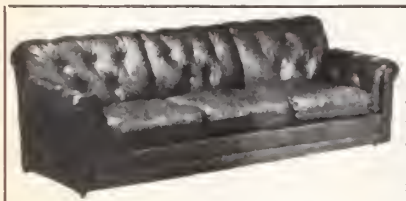

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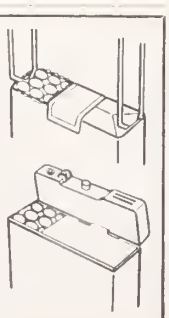

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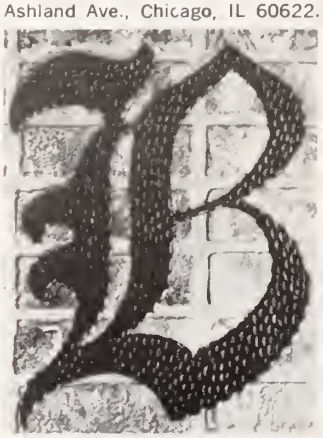

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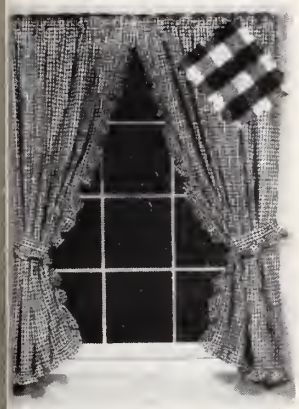

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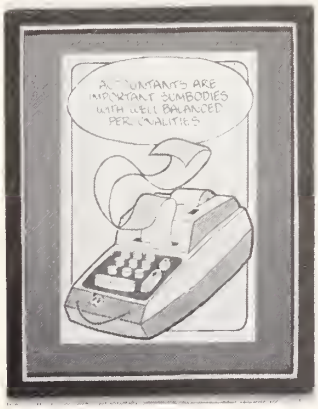

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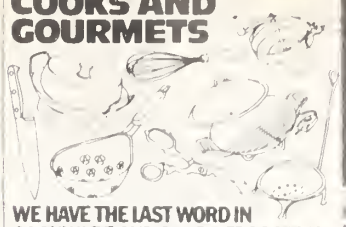

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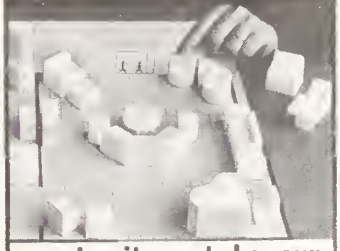

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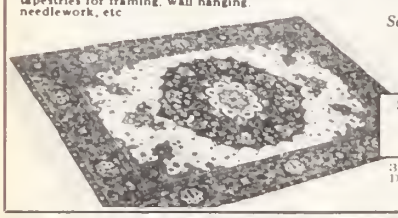

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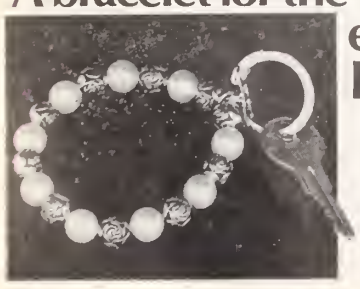

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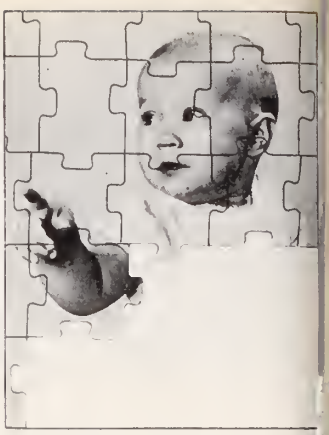

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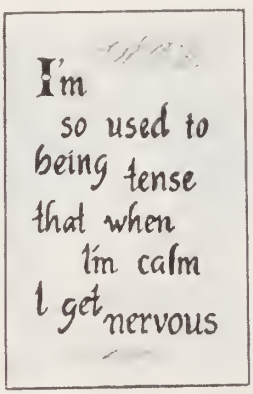

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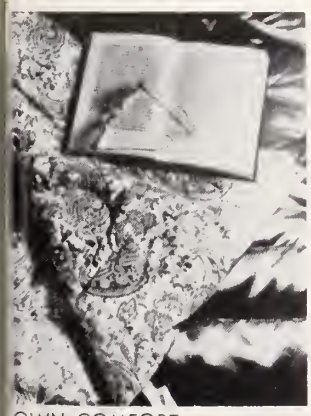

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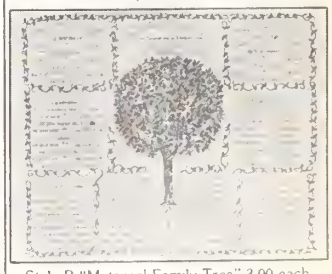

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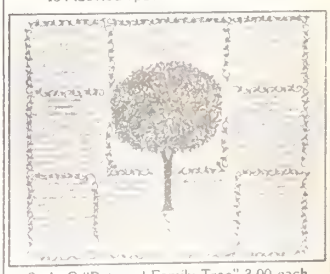

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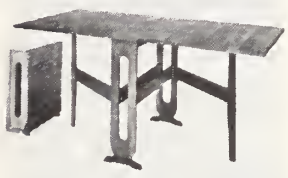

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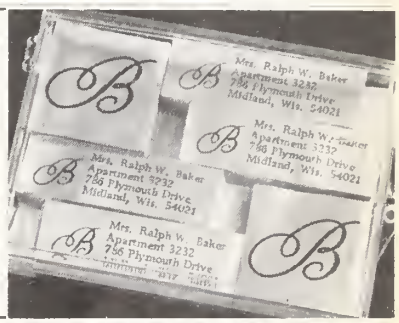

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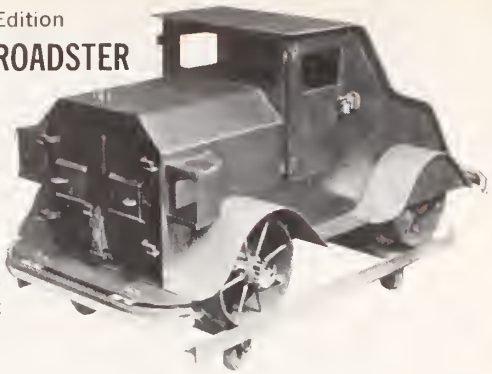

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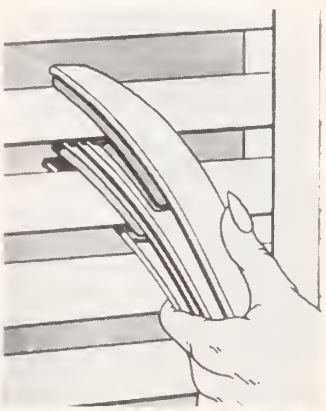

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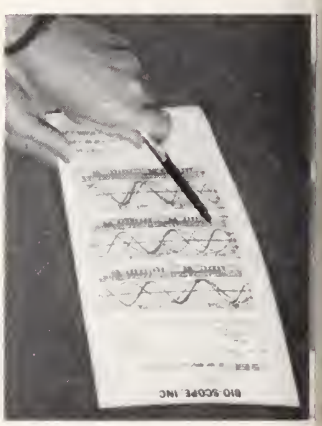

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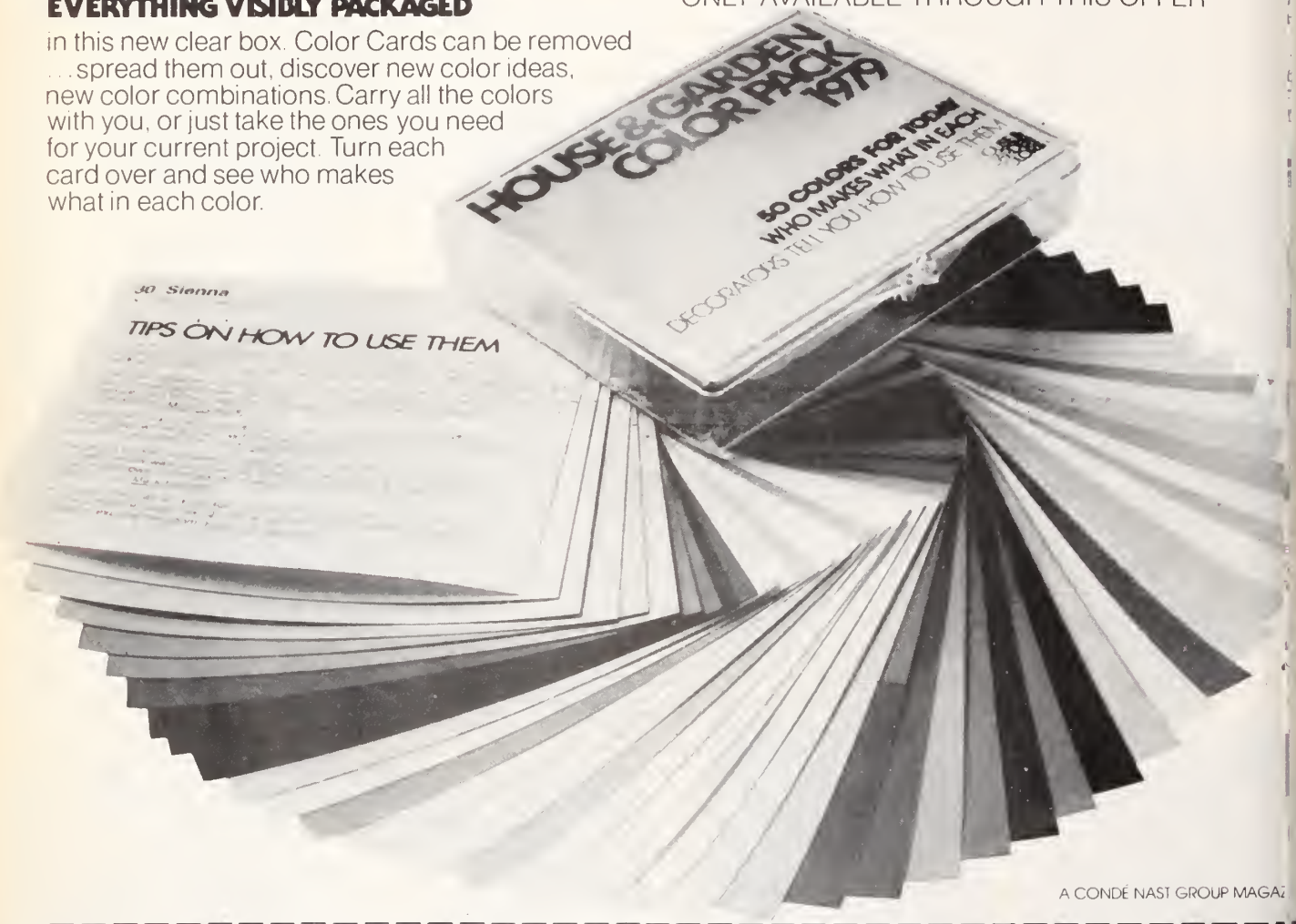

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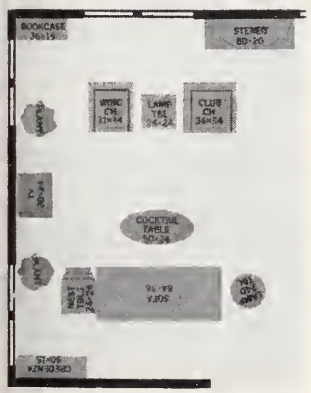

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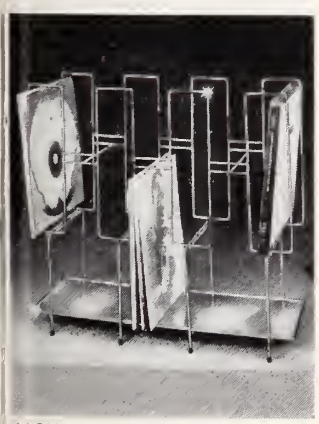

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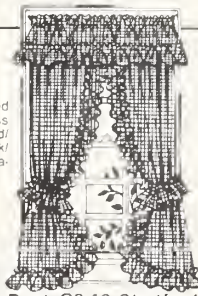

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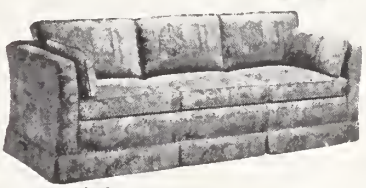

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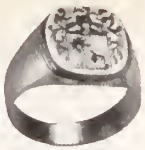

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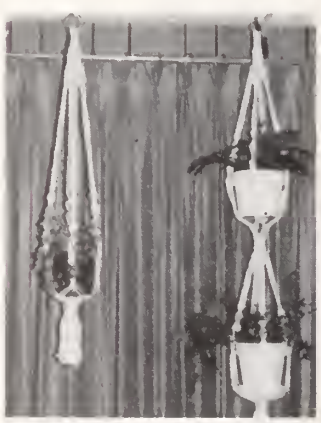

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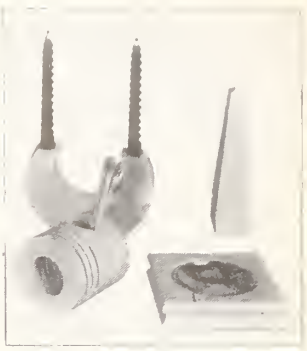

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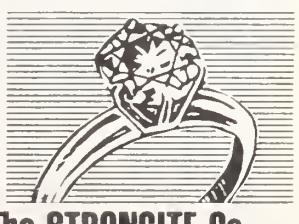

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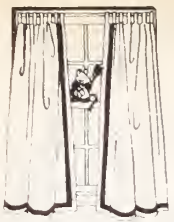

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Colonial Charm or Contemporary Style both compatible with Interior's Oznaburg Tab Curtains. Choose either plain or trimmed with a colorfast 1" Grosgrain ribbon to match your decor. Williamsburg Blue, Colonial Green, Cranberry, Navy Blue, Bright Red, Chocolate Brown, or Orange.

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1" Grosgrain ribbon added to sizes.

pair	$16.50	$18.50	$20.00

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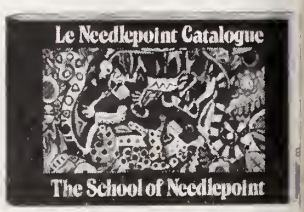

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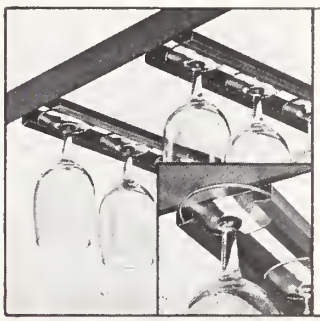

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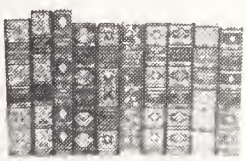

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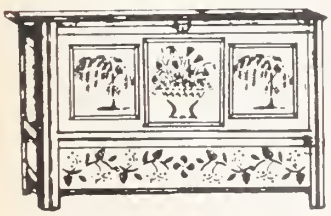

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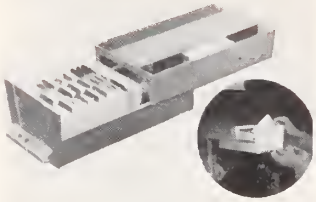

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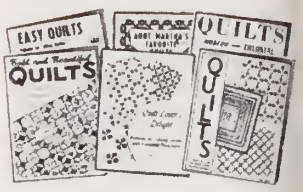

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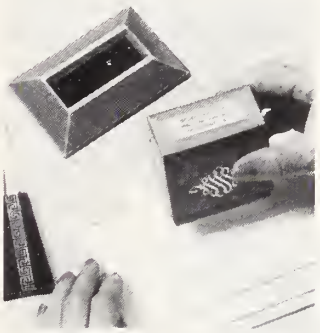

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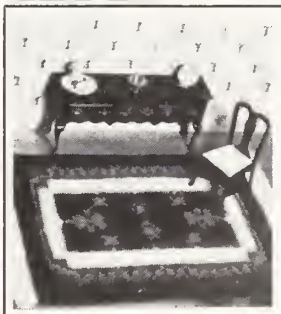

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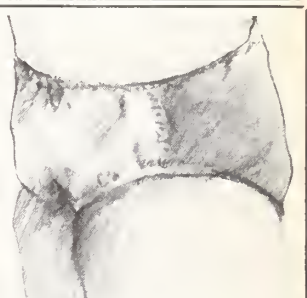

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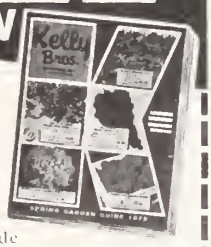

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GARDENER'S NOTES

By James Fanning

Winter wonders

Care for live Christmas trees, preventing snow damage, the truth about poinsettias

Living trees

There are two kinds of living Christmas trees—those that are brought indoors for a brief display before being planted out, and those that stay indoors year-round. Mr. and Mrs. Emanuel Shemin, whose Christmas decorations are shown on page 104, really know what they're about when they bring living trees inside, since Mr. Shemin is a professional horticulturist and nurseryman. He recommends Norway and Colorado spruce, and Fraser and Douglas fir, as trees to be brought inside for future outdoor planting, and points out that the shorter time spent inside, the better for the tree. A 10-day sojourn indoors is about as long as any outdoor tree should be expected to take, with careful attention to watering and misting throughout that period. When it comes to year-round indoor trees, Mr. Shemin recommends the Norfolk Island pine *(Araucaria heterophylla)*—formally shaped, with branches in regular tiers.

New Nöend cachepot comes in two halves

But whether your living Christmas tree is a regular houseplant or scheduled to become part of the outdoor landscape, its roots—in tub, flowerpot, or balled-and-burlapped—can be a problem. Making the bottom of the plant look festive indoors is easy with Nöend's wraparound cachepot. This durable bottomless cylinder, in two parts for easy placing and available in red burlap or red or white vinyl, fits around roots and saucer and may be lifted at any time for watering. A 19-by-8½-inch Nöend is priced at $18 postpaid; the 24-by-12-inch size—big enough to go around a galvanized tub—is $27. Ask about them at your local garden supply shop or write Nöend, P.O. Box 70, Abington, Pa. 19001.

Stop snow damage

The snow months are beginning, and those of us who have choice fastigiate (narrow-upright) evergreens should be taking steps to avoid their being damaged by ice and heavy snows. The procedure is very simple, actually. All you have to do is tie the upright branches in toward the center of the plant with garden twine. In the case of Irish juniper or any other slender-branched evergreen, the twine may simply be spiralled around the plant from bottom to top—making sure it is firmly tied at both ends, of course. An external covering of burlap or some similar material is a lot of extra work and it's not really necessary as long as the branches are held in so that they cannot bend under the weight of snow.

No cause for alarm

Now that houseplants have been moved indoors for the winter, the usual contingent of viewers-with-alarm may be expected to issue warnings about "poisonous" indoor plants. The ever-popular poinsettia is usually singled out as the subject for potential harm, even though responsible authorities continue to point out that the plant is incapable of causing anything worse than a minor skin irritation. The American Association of Nurserymen has gone to the trouble of checking records of poison control centers throughout the U.S. and can find *no* report of a fatality attributable to a houseplant. Those of us who love and respect our plants will continue to follow the only rule that makes sense: Don't sit on the cactus!

Record breakers

The *Guinness Book of World Records* gives a good bit of space to record-breaking flowers, fruit, and vegetables of all kinds. Prize winners at local garden shows, 4-H club displays, and state and county fairs are all eligible for possible inclusion in future volumes of the Guinness book. Of course it's too late now to try for the 1978 volume but it's not too early to plan a try for future years. Information about making entries may be had from Grace's Gardens, 8 Autumn Lane, Hackettstown, N.J. 17840, for the 25¢ needed for postage. Jane Grace, who operates Grace's Gardens, also compiles a list of specialty fairs and festivals throughout the U.S., covering such events as the Rutabaga Festival in Askov, N. Mex. and Ohio's Pumpkin Festival. This list is priced at $1, from the same address. ■

Time to be alive
continued from page 159

we are very resilient. We survive a lot of bad luck and bad management, all kinds of disasters, and keep moving along. However, this would not be true of a nuclear war, or a major environmental disaster. Short of these, there's a great deal of strength and resiliency in the system, and the long-term prognosis is still very good."

So, there it is, all these things we've worried so much about haven't turned out to be so disasterous after all. Nevertheless, even so benign a forecaster as Buckminster Fuller warns that by 1985, mankind will be facing what he calls our "final exams." If we fail—in other words, if there should be a nuclear war or an unprecedented environmental upheaval—the earth will become a wasteland. But, if we pass, wrote Dr. Fuller in an article *2025 If . . .* "words like politics, war, weapons, debt will be only of historical significance." Such topics will seem irrelevant to the psychically improved society of the future. He concluded with this great burst of optimism, "We're in for the greatest revolution in history. If it's to pull the top down and it's bloody, all lose. If it's a design science revolution to elevate the bottom and all others as well to unprecedently new heights, all will live to dare spontaneously to speak and live and love the truth, strange though it often may seem." His final exams are the equivalent of the Hudson Institute's uncertain issues, for which they believe greater efforts are imperative. The SALT talks, last year's special UN session on disarmament and New York's Riverside Church convocation on disarmament are only some of the places where arms control is being discussed. The whole question of nonproliferation of nuclear arms with strict controls and limitations is highly critical, and the input of public pressure is very much needed to back up political action.

The complex, subtle, and still unknown effects on the ecology and the environment probably will have to be left to the experts. But again, the public can exercise effective vigilance and demand an accounting of the extent of studies and controls now underway.

Moral and spiritual matters largely rest on the character of individuals who make up society, and there is considerable evidence that most of us, on various intellectual levels, are very much more concerned about religious values than we were ten years ago. Lionel Tiger asserts that we have a basic, biological need for positive symbols. We need some sort of symbolic structure, ideals—political ideals, moral ideals, esthetic ideals. In the seventies, we found that our leaders fell short in leadership qualities. In the eighties, we may have to generate our own ideals. Where shall we find them? They already exist.

Continued on page 202

Can't wait to get outside? It's time to write Wayside

Wayside's new 1979 Catalog offers fine shrubs, perennials, flowering trees, fruit trees, berries, ground covers, roses, bulbs and accessories. Beautifully illustrated, 152 pages in full color. Detailed cultural information makes it a valuable addition to your gardening library. There's a charge of only $1.00 for the catalog which contains a refund certificate of $1.00 that you may use on any order.

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Building and Remodeling

1. SIMPLE SYSTEMS FOR WOOD STAINING AND FINISHING. If you view wood staining and finishing as messy and time-consuming, this booklet is a must. You'll learn how to prevent wood surfaces from yellowing, how to stain finished and previously finished wood, and how to make a complicated chore into one that is creative and rewarding. Deft, Inc. 25¢

2. SAVE ENERGY AND CUT FUEL COSTS with the help of an Arrow heavy duty staple gun. Brochure, "How To Button Up Your Home," discusses why and where you should insulate, weather stripping, storm doors, and how to determine the proper insulation and the tools you need. Arrow Fastener. 35¢

Decorating

3. 18TH-CENTURY PORTFOLIO OF ENGLISH-STYLED FURNITURE. An exciting collection of reproductions or adaptations of the most outstanding designs of upholstery and cabinetry from Queen Anne to Sheraton. Each style is made in the characteristic wood of the period and finished to develop the ultimate depth and beauty. Henredon Furniture Ind. $1

4. WINDOWS BEAUTIFUL—VOLUME VI. A complete and authoritative book on window treatments. Room-setting photos in color, examples of most popular types of treatments, styles suitable for various rooms, ideas for common and problem windows, how-to for measuring and sewing basic treatments. Dozens of ideas all included in this most recent volume. Kirsch Company. $1.95

5. COLLECTORS EDITIONS. This catalogue is an assemblage of wall clock designs and antique reproductions for those who appreciate excellence. Each clock must be of collectable quality in design, execution, and the excellence of its movement in order to be included in this group. Howard Miller Clocks. $1

6. FURNITURE PORTFOLIO. Select from this full line of handcrafted furniture or let the Amana Furniture Shop create your own specific designs. In addition to the basic pieces shown, Amana produces a full line of period furniture. Price list enclosed. $1

7. TRADITIONAL FURNITURE FOR CONTEMPORARY LIVING. The refined "country" look of Hickory's Cambridge Collection is in keeping with today's less formal interiors. Timeless Queen Anne, Tudor, and Chippendale themes act as striking accents in any room. Hickory Chair Company's catalogue. $2

Eating and Entertaining

8. "COOKING WITH WINE"—a delightful compilation of prize-winning recipes. Ideas for everything from appetizers through dessert, including cocktails and coolers. An informative section discusses the history and properties of wine cookery. Holland House Brands. 50¢

9. AN INVITATION TO HAVE FUN . . . "The Bacardi Rum Party Book." Colorful booklet gives recipes for drinks, punches, snacks, and entrées. Such delectables as Confetti Punch, Flaming Shish Kebab and a traditional favorite, "Hot Rum Toddy." Glossy recipe file cards, too. Bacardi Imports, Inc.

10. NEW SALAD WHEEL SPINS AROUND FOR DRESSING IDEAS! One side of the wheel reveals 10 classic dressing recipes such as Caesar, Creamy Garlic, Thousand Island. On the flip side, there are 10 extra special recipes such as Yogurt Fruit, Citrus Mustard, Jewel, and Hawaiian dressings. You'll want to try one. The salad wheel is available from Hellmann's/Best Foods real mayonnaise. 75¢

11. "COOK WITH LOVE" and find out for yourself. Here are some recipes to get you started on your love affair with Amaretto di Saronno, the original amaretto. These 32 pages of scrumptious recipes and tempting photographs are brought to you from Foreign Vintages, Inc.

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Potpourri

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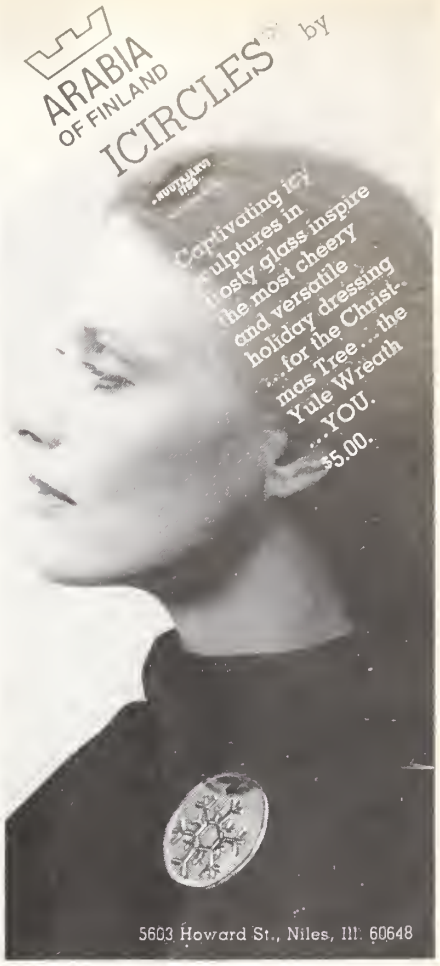

Statement Required by 39 U.S.C. 3685 showing the Ownership, Management and Circulation of HOUSE & GARDEN, published monthly (12 issues), for October 1, 1978. Publication No. 252420 Annual subscription price $10.00.

1. Location of known office of Publication is 350 Madison Avenue, New York, New York 10017.

2. Location of the Headquarters or General Business Offices of the Publishers is 350 Madison Avenue, New York, New York 10017.

3. The names and addresses of the publisher, editor and managing editor are: Publisher, Ralph F. Timm, 350 Madison Avenue, New York, N.Y. 10017; Editor, Mary Jane Pool, 350 Madison Avenue, New York, N.Y. 10017; Managing Editor, Coralee Leon, 350 Madison Avenue, New York, N.Y. 10017.

4. Owner: The Condé Nast Publications Inc., 350 Madison Avenue, New York, New York 10017. Stockholder: Through intermediate corporations to Advance Publications, Inc., S. I. Newhouse, sole voting stockholder.

5. Known bondholders, mortgagees and other security holders owning or holding 1 percent or more of total amount of bonds, mortgages or other securities are: None.

6. Extent and nature of circulation

	Average No. Copies each issue during preceding 12 months	Single Issue nearest to filing date
A. Total no. copies printed	1,292,477	1,371,150
B. Paid circulation		
1. Sales through dealers and carriers, street vendors and counter sales	430,911	470,000
2. Mail subscriptions	620,010	619,889
C. Total paid circulation	1,050,921	1,089,889
D. Free distribution by mail, carrier or other means, samples, complimentary, and other free copies	19,370	25,120
E. Total distribution	1,070,291	1,115,009
F. Copies not distributed		
1. Office use, left-over, unaccounted spoiled after printing	12,354	11,141
2. Returns from news agents	209,832	245,000
G. Total	1,292,477	1,371,150

7. I certify that the statements made by me above are correct and complete.

(Signed) Ralph F. Timm

8. For completion by publishers mailing at the regular rates (section 132.121 Postal Service Manual), 39 U.S.C. 3626 provides in pertinent part: "No person who would have been entitled to mail matter under former section 4359 of this title shall mail such matter at the rates provided under this subsection unless he files annually with the Postal Service a written request for permission to mail matter at such rates."

In accordance with the provisions of this statute, I hereby request permission to mail the publication named in the first paragraph at the phased postage rates presently authorized by 39 U.S.C. 3626.

(Signed) Ralph F. Timm, Publisher.

SHOPPING INFORMATION

PRICES APPROXIMATE
State and local taxes additional.
***Consult your interior designer or department store decorating service.**

COVER
Upholstered chaise: 60" long. $1,244. At Lord & Taylor, NYC 10018.
Wool durrie rug: 8' x 10', $1,280. From Rosecore Carpet*, NYC 10022.
Ceramics on mantel: Cabbage-leaf plates (2nd, 4th, from left): 6" d., $10.50 ea. Complete dinner service available. At Cache-Cache, NYC 10021. **Lettuce leaf plates** (1st, 3rd, and 5th from left): 7½" x 6½". Ovenproof. $16. ea. At Bailey/Huebner at Henri Bendel, NYC 10019.
"Trudi" teddy bear: $45. At FAO Schwarz, NYC 10022.
Child's antique rocking chair: c. 1890. $185. At America Hurrah, NYC 10021.
Wicker hamper: 28" x 18" x 18" h. $35. At Bailey/Huebner at Henri Bendel, NYC 10019.
Wooden mantelpiece: 74¼" x 6¼" x 54" h. $3,200. **Mesh firescreen with brass fittings:** $75. **Brass-handled steel fire tool set:** $310. **Firegrating:** $45. All at Danny Alessandro, NYC 10021.
Evergreen wreath: From Renny, NYC 10021.
"Lacquer Red" latex acrylic paint: By Devoe & Raynolds, div. Grow Chemical.

LIGHT UP ROOMS
Page 103, bottom left
Tree decorations: One of a kind baskets by Kari Lonning, $8-$15. Small basket with napkin and gingerbread man by Betty Tuach and Charlotte Reynders. $3.50. Wreaths, $2.50. Egg carolers by Joy Gaiser, $3.50. Birds nests, $3.50. Authentic international eggs by Elizabeth Hill. $4-$8. Baked elves, teddy bears, woman, stocking, Christmas tree by Suzanne Maiorano, $3-$6. Baked Santa and children by Pat Chase, $6. Add $1.50 to each order for postage and handling. At The Silo, Upland Rd., RFD #3, New Milford, Conn. 06776.

CHRISTMAS ON SHOESTRING
Pages 112-113
Pillared glass-topped cocktail table: 36" x 48" x 12½" h. Clear acrylic legs. Chrome trim. $1,710. Designed by Albrizzi. From LCS*, NYC 10021.
Red lacquer boxes: Rectangular, 11½" x 4½" x 2¼" h., $38. Oval, 7½" x 5¼" x 2" h., $18. **Striped plate,** 10" d., $20. All at Diane Love, NYC 10021.
"Two Oranges" acrylic on canvas: 70" x 83". By Gene Davis, 1977. $8,000. At Fischbach Gallery, NYC 10022.
"Schoolhouse" quilt: 70" x 72". One of a kind. c. 1880. $650. At The Gazebo, NYC 10021.
White ceramic platter: $35. **Glass battery jar with candle:** $10. Both at Bailey/Huebner at Henri Bendel, NYC 10019.
Woven brown and beige rug (used as a throw): From Stark Carpet*, NYC 10022.

PAINTED WONDERS
Pages 126-131
Living room floors: Stripped, bleached and stained by Schrager Floor Decor, NYC 10021.
Bedroom fabric: "Primavera" glazed cotton chintz: 54" wide, 36" repeat. $21 a yard. From Brunschwig*, NYC 10021.

BUILDING DATA

Materials and equipment used in the house on page 132

ARCHITECT: Horace Gifford
CONTRACTOR: Steve Molzon
SIZE OF HOUSE: approximately 1,700 square feet
SIZE OF LOT: 63 by 145 feet
LOCATION: Fire Island Pines, N.Y.

STRUCTURE
Foundation: Cedar posts jetted in place.
Framing: Standard wood construction of 2-by-6-inch framework of walls, floors, and roof; vertical steel pipe truss.

EXTERIOR OF HOUSE
Exterior walls: Vertical rough sawn cedar board siding.
Roof: Built-up bituminous coated roofing paper.
Insulation: In walls, fiberglass batts; in ceilings, rigid board insulation.
Windows: Aluminum frame, bronze finish, fixed glass panels by Miller Industries, Inc. Casement windows by Andersen Corp.
Skylight: Ventarama Skylight Corp.
Doors: 'Mildor' aluminum frame, bronze finish sliding glass doors by Miller Industries, Inc.

INTERIOR OF HOUSE
Interior walls and ceilings: Rough sawn cedar boards; exposed cedar beams.
Floors: Wall-to-wall carpet.
Lighting fixtures: Between ceiling beams, custom-designed cedar box fixtures for incandescent bulbs. Dimmer controls.
Fireplace: Cast iron, Franklin stove type, by Portland Foundry.
Furnishings: Pillows, baskets, table setting of place mats, napkins, glass goblets, knives, forks, and spoons from Bloomingdale's; plants from The Sea Flower.
Hardware: Simon's Hardware, Inc.
Music system: Record player turntable, BRS by Fisher; tuners, by Fisher. Two speakers on ceiling.
Kitchen and bathroom cabinets: Cedar boards matching walls.
Cabinet countertops: Custom design; in kitchen, butcher block; in bathrooms, white plastic laminate.

MECHANICAL EQUIPMENT AND APPLIANCES
Appliances: Double, stainless steel kitchen sink by Elkay Mfg., Inc., undercounter oven, undercounter dishwasher, refrigerator-freezer by General Electric Co., 'Kenmore' four-burner gas counter cooktop by Sears.
Heating system: Gravity furnace below living-room floor. Electric wall heaters in each room by Singer Co. Thermostat by Honeywell.

Time to be alive
continued from page 199

A man who found a source of inspiration within himself under conditions of extreme suffering and privation, is Vice Admiral James Bond Stockdale, now president of the Naval War College. In 1965, the Admiral, then a navy fighter pilot aged 41, was shot down over North Vietnam, breaking his leg when his parachute landed him in a village. Half of that time he was in solitary confinement in a tiny cell, held down by leg irons. He kept his sanity and he kept his honor, and the way he did it was by delving into the store of memories of literature and philosophy he acquired as a student at Stanford University.

"The classics teach you," he wrote afterward, "that all organizations since the beginning of time have used the power of guilt, that cycles are repetitive, and that this is the way of the world. I believe that a good classical education and an understanding of history can prepare you best to determine the rules you should live by. In 1965, I was crippled and I was alone. The one thing I came to realize was that if you don't lose integrity, you can't be had and you can't be hurt." Integrity goes with optimism. As Lionel Tiger puts it, "an animal with a brain as big as ours needs to feel good about itself."

There's so much at stake: The final exams or uncertain issues involve the survival of the earth as we know it. Another thinking man of action, the astronaut Russell Schweikart, in a paper read to the Lindisfarne Association, a group which studies planetary culture, described the earth as seen from the moon:

"The astronaut looks back and he sees the Earth not as something big where he can see the beautiful details, but now he sees the Earth as a small thing out there. And the contrast between that bright blue and white Christmas tree ornament and the black sky, that infinite universe, really comes through, and the size of it, the significance of it. It is so small and so fragile that you can blot it out with your thumb, and you realize that on that small spot, that little blue and white thing, is everything that means anything to you —all history and music and poetry and art and death and birth and love, tears, joy, games, all of it on that little spot out there that you can cover with your thumb. And you realize, from that perspective, that you've changed, that there's something new there, that the relationship is no longer what it was."

Lionel Tiger observed that one of the most optimistic stimuli for optimism is optimism itself. There's everything to be optimistic about in the years ahead. Including—perhaps if not for all of us then for our children—the opportunity to stand in space and to look back at that blue and white Christmas tree ornament which contains everything we believe to be precious. ■

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